Washington County,
2008 County Adult Health Survey

BRFSS

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Washington County HHI
and
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Center for Health Statistics

Washington County, 2008

County Adult Health Survey

(Behavioral Risk Factor Surveillance System)

July 2008

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2008 County Adult Health Survey

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Washington County
2008 County Adult Health Survey

Introduction

What is the County Adult Health Survey?

The national focus on improving the health of American citizens has also become a major focus for local communities.[1] As a result, health related data are needed by state, county, and local agencies for developing health-promotion programs and to efficiently target health dollars. The **County Adult Health Survey** is an instrument used by **Hometown Health Improvement** to collect, evaluate, and monitor personal risk behaviors that affect the health of adults in Arkansas communities. The survey uses questions from the **Behavioral Risk Factor Surveillance System** survey (BRFSS), developed by the Centers for Disease Control.[2]

What is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperative action and creative solutions at the local level to identify community health problems and to develop and implement ways to solve them.

This goal is accomplished through cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of health-improving strategies designed and sustained locally.

As part of this initiative, Washington County conducted the County Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).

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[1] Centers for Disease Control and Prevention. Healthy People 2010. Atlanta, Georgia. http://www.healthypeople.gov

[2] Centers for Disease Control and Prevention. About BRFSS. Atlanta, Georgia. http://www.cdc.gov/nccdphp/brfss/about.htm

What is the BRFSS?

The BRFSS is a survey developed to help states collect and monitor state level information on health conditions and the major risk behaviors that can affect the health of their adults. It was developed in the 1980s by the Centers for Disease Control and Prevention after research indicated that personal health behaviors play an important role in premature death and illness. Primarily, the survey focuses on behaviors that are linked to the leading causes of death (heart disease, cancer, stroke, diabetes and injury) and other important health issues. The specific behaviors included in the survey are the following:

- Not getting enough physical activity
- Being overweight
- Not using seatbelts
- Using tobacco and alcohol
- Not getting preventive medical care (e.g. flu shots, mammograms, Pap smears, colorectal exams) that can save lives.

How is the BRFSS used?

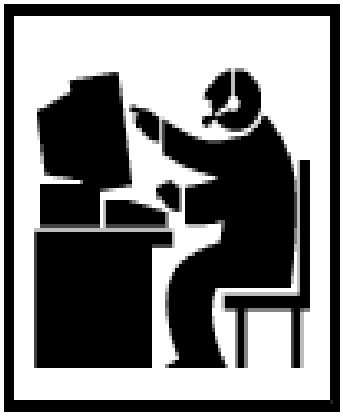
State and local health departments in all 50 states rely heavily on BRFSS data to do the following:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary, organizations and professional managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century; China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

The ability to determine which population groups have the greatest health risk factors is essential in effectively targeting scarce prevention resources. BRFSS data may be analyzed by a variety of demographic and economic variables such as age, education, income, and racial and ethnic background, to determine which populations are at highest risk in a community.

How did Washington County conduct the County Adult Health Survey?



During February and March 2008, a telephone survey of 815 randomly selected adults in Washington County was conducted. Telephone interviews were carried out and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government.

Who participated in the Washington County 2008 County Adult Health Survey?

Of the 815 people who were interviewed, 306 were men and 509 were women. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. The raw data is the data collected from the sample of persons interviewed. The weighted data is the collected survey data (raw data) that has been adjusted to represent the population from which the sample was drawn.

All other data presented in the report is based on the **weighted** data. All percentages presented in this report are rounded to the nearest whole percent.

Table 1: Survey demographics

Variables	Categories	Raw Data (%)	Weighted Data (%)
Age	18-39	23	50
	40-64	48	37
	65+	29	13
Education	< HS Education	12	12
	HS Graduate	53	56
	College Graduate	35	32
Income	< $20,000	19	15
	$20,000-$50,000	42	40
	> $50,000	39	46
Gender	Male	38	50
	Female	62	50
Race	White	94	91
	Non-White	6	9

Who participated in the Washington County 2008 County Adult Health Survey? (continued)

Figure 1: Survey demographics, by race

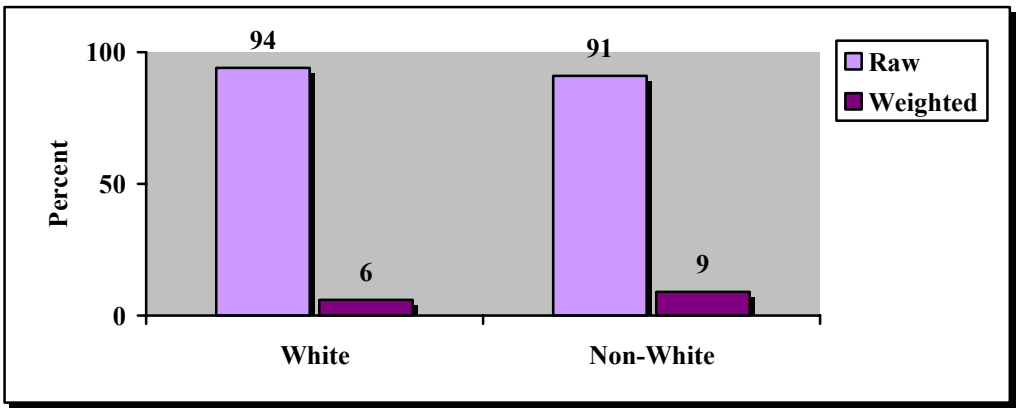
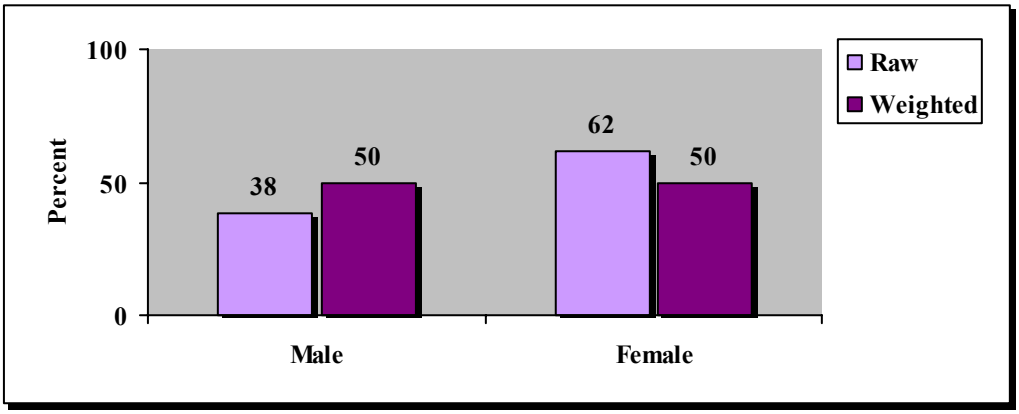


Figure 2: Survey demographics, by gender



Who participated in the Washington County 2008 County Adult Health Survey? (continued)

Figure 3: Survey demographics, by age

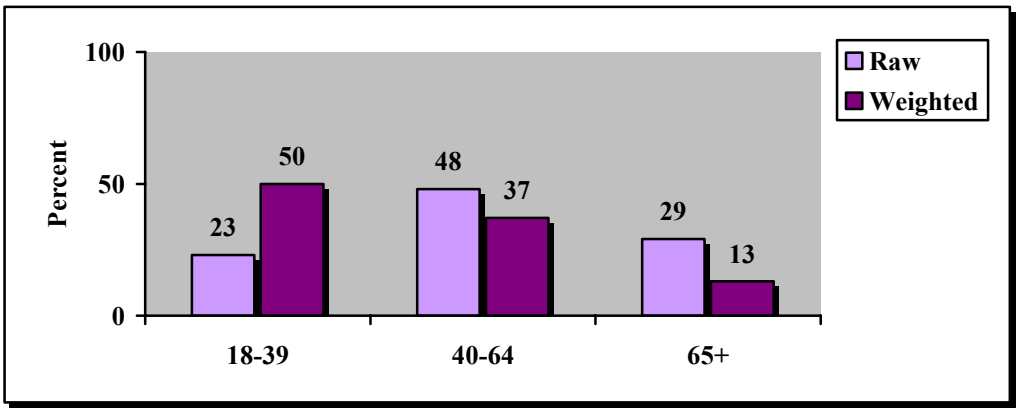


Figure 4: Survey demographics, by education

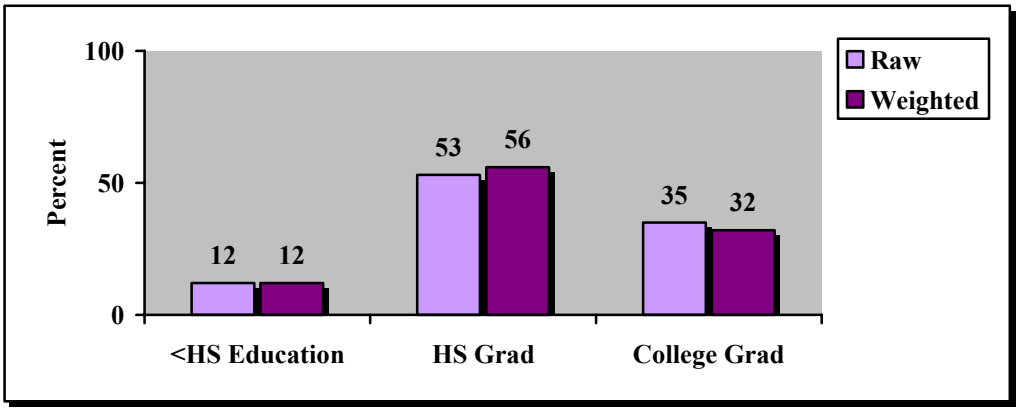
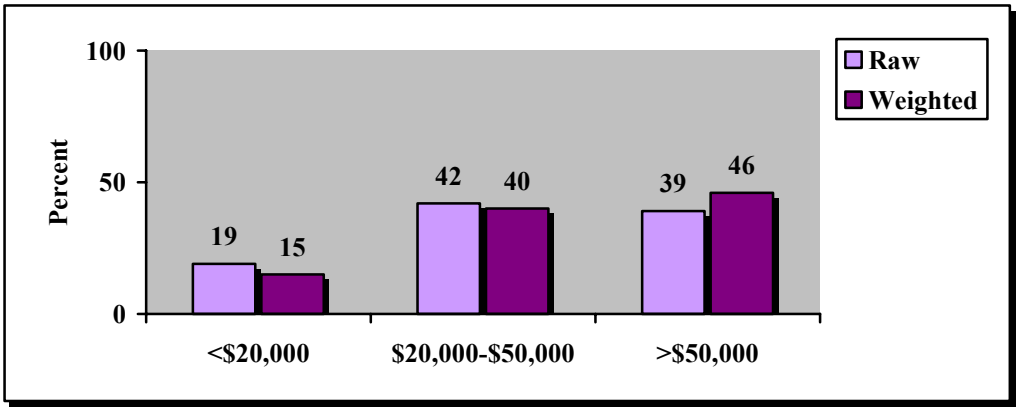


Figure 5: Survey demographics, by income



Risk Factors

How to interpret Washington County 2008 County Adult Health Survey results

The prevalence rates shown in this report were calculated from a sample of the Washington County population. To control for the uncertainty in using sample data, 95% confidence intervals (CI) were calculated for each prevalence estimate. This value indicates that users of the data can be 95% confident that the prevalence rate for the true population falls within the calculated range. Small confidence intervals indicate more precise estimates of the true population rates, and large confidence intervals indicate less precise estimates.

For example, the table below shows the number of adults in Apple County that currently chew tobacco. The confidence interval is 11.1 to 13.5; 1 percentage point below and 1 percentage point above the prevalence of 12.4%. This suggests that there is a 95% chance that the prevalence estimate for the true or total population falls within 11.1 and 13.5 and close to the estimate of 12.4%.

	Current use of chew tobacco
%	12.40
CI	(11.1-13.5)
n	630

Health Status

The survey asked respondents to rate their general, physical, and mental health status. Perceived health status is an important indicator of functionality and health-related quality of life. It assesses health issues that are not measured by standard morbidity and mortality data.

General Health

Risk Factor Definition: General health "fair" or "poor"

Question: Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"

At risk: Those who answered "fair" or "poor" are considered at risk.

Who is at risk in Washington County?

- **Eighteen percent (18%)** of adults in Washington County reported their general health as fair or poor.

Table 1: General health status

	Excellent, Very Good, or Good Health	Fair or Poor Health
%	**82**	**18**
CI	(78.8-85.8)	(14.2-21.2)
n	810	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: General health status

Health Status (continued)

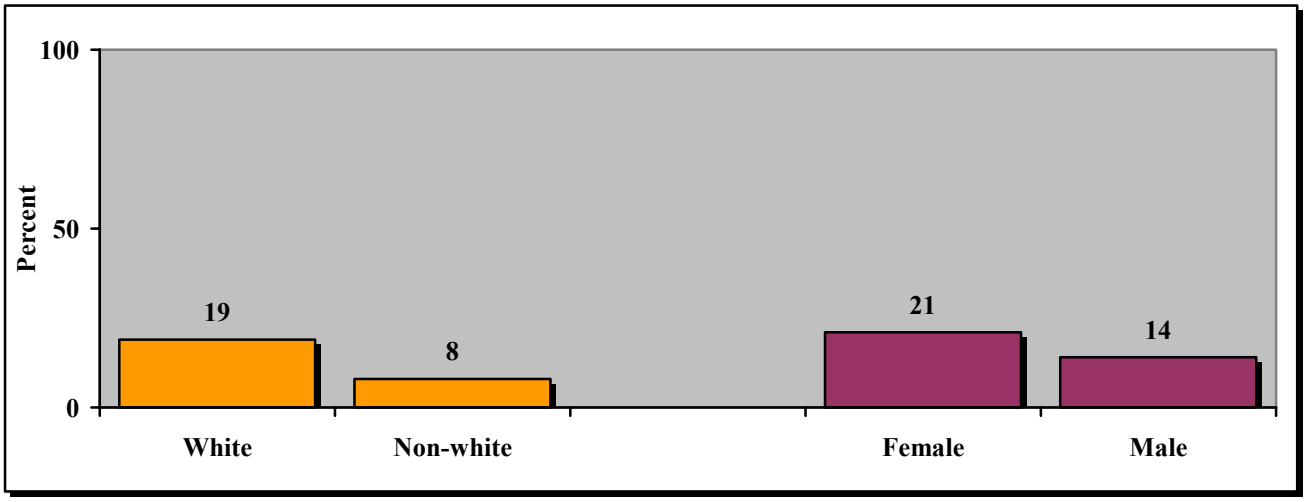
Question: Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"

Table 2: General health status, by race and gender

		Excellent, Very Good, or Good Health	Fair or Poor Health
Race			
White	**%**	**82**	**18**
	CI	(78.0-85.3)	(14.7-22.3)
	n	743	
Non-White	**%**	**92**	**8**
	CI	(85.0-99.5)	(1.0-15.1)
	n	48	
Gender			
Female	**%**	**79**	**21**
	CI	(73.6-84.2)	(15.8-26.4)
	n	505	
Male	%	**86**	**14**
	CI	(81.2-90.4)	(9.7-18.8)
	n	305	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Percentage of respondents who reported fair or poor general health, by race and gender



Health Status (continued)

Table 3: General health status, by age, education, and income

		Excellent, Very Good, or Good Health	Fair or Poor Health
Age			
18-39	**%**	**89**	**11**
	CI	(83.8-94.8)	(5.2-16.2)
	n	179	
40-64	**%**	**78**	**22**
	CI	(72.7-82.7)	(17.4-27.3)
	n	373	
65+	**%**	**71**	**29**
	CI	(64.1-77.1)	(22.9-36.0)
	n	229	
Education			
< High School Education	**%**	**65**	**35**
	CI	(51.7-79.2)	(20.8-48.3)
	n	93	
High School Graduate	**%**	**82**	**18**
	CI	(76.6-86.9)	(13.1-23.4)
	n	416	
College Graduate	**%**	**91**	**9**
	CI	(86.7-94.6)	(5.4-13.3)
	n	278	
Income			
<$20,000	**%**	**60**	**40**
	CI	(47.6-73.0)	(27.0-52.3)
	n	125	
$20,000-$50,000	**%**	**80**	**20**
	CI	(73.4-85.8)	(14.2-26.7)
	n	289	
>$50,000	**%**	**92**	**8**
	CI	(88.6-96.0)	(4.1-11.4)
	n	272	

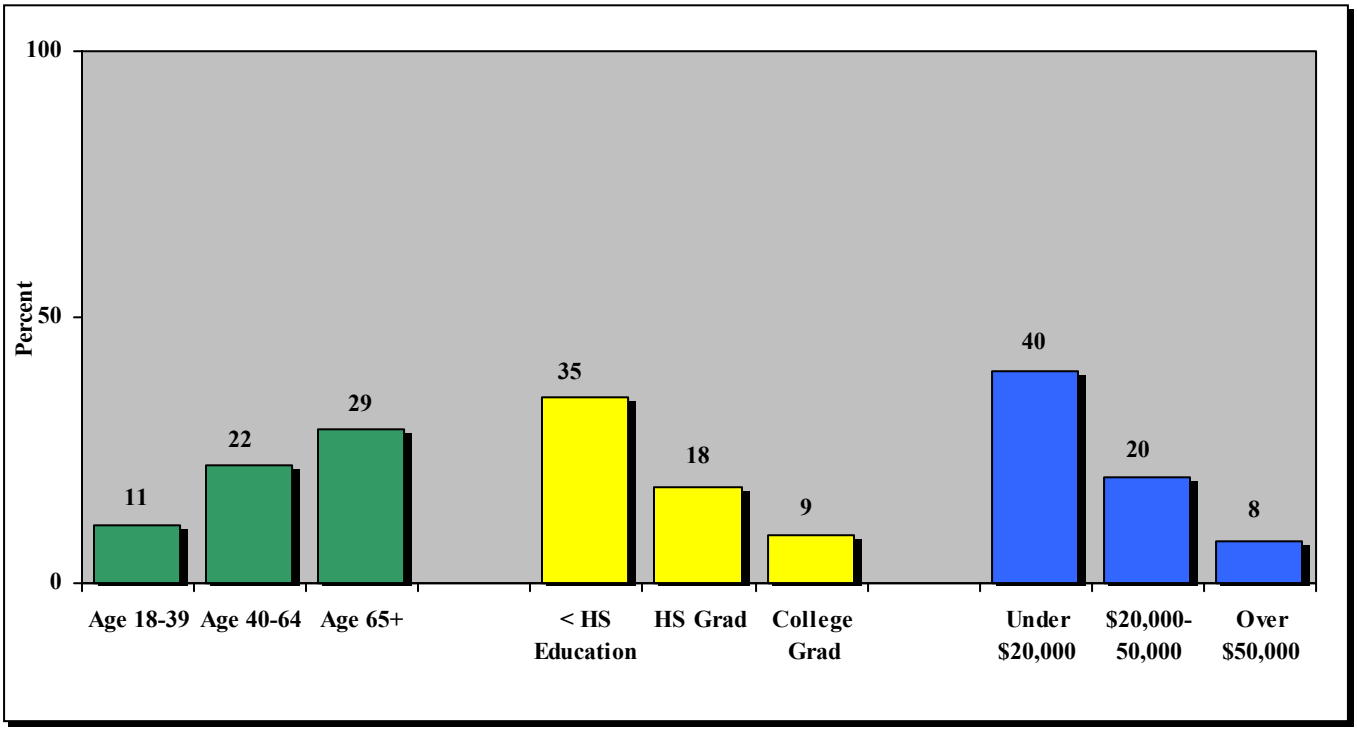
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Health Status (continued)

Question: Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"

Risk Factor Definition: General health "fair" or "poor"

Figure 3: Percentage of respondents who reported fair or poor general health, by age, education, and income



Health Status (continued)

Physical Health

Risk Factor Definition: Physical health "not good"

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At risk: Having one or more self-reported days of "not good" physical health.

Who is at risk in Washington County?

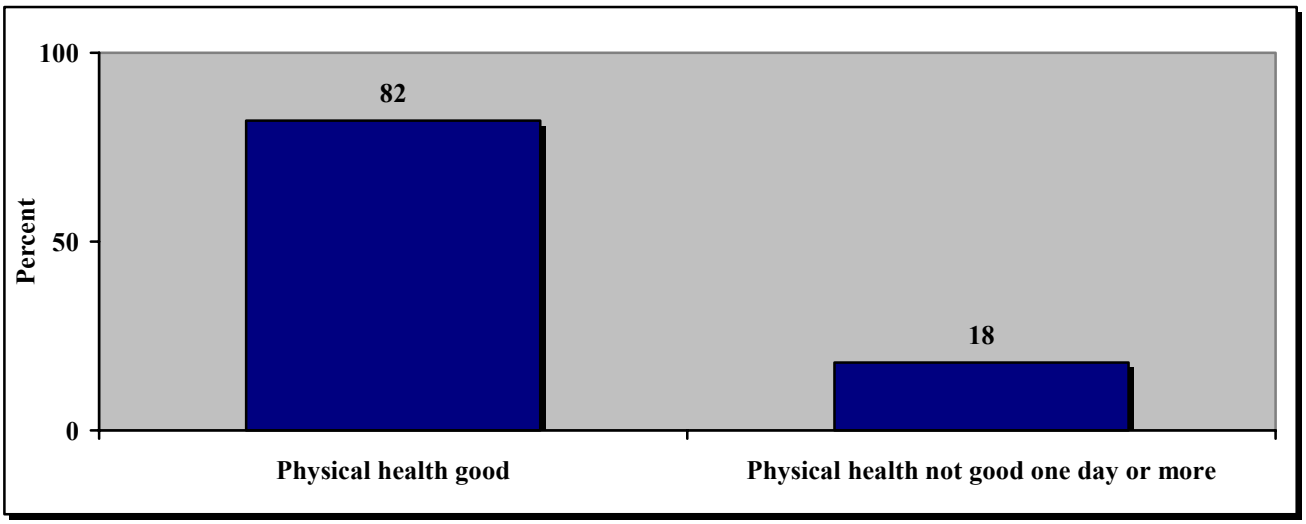
- **Thirty-seven percent (37%)** of Washington County adults had at least one day when physical health was not good during the month preceding the survey.

Table 4: Physical health status

	Physical health good	Physical health not good one day or more
%	63	37
CI	(56.9-68.2)	(31.8-43.1)
n	801	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 4: Physical health status



Health Status (continued)

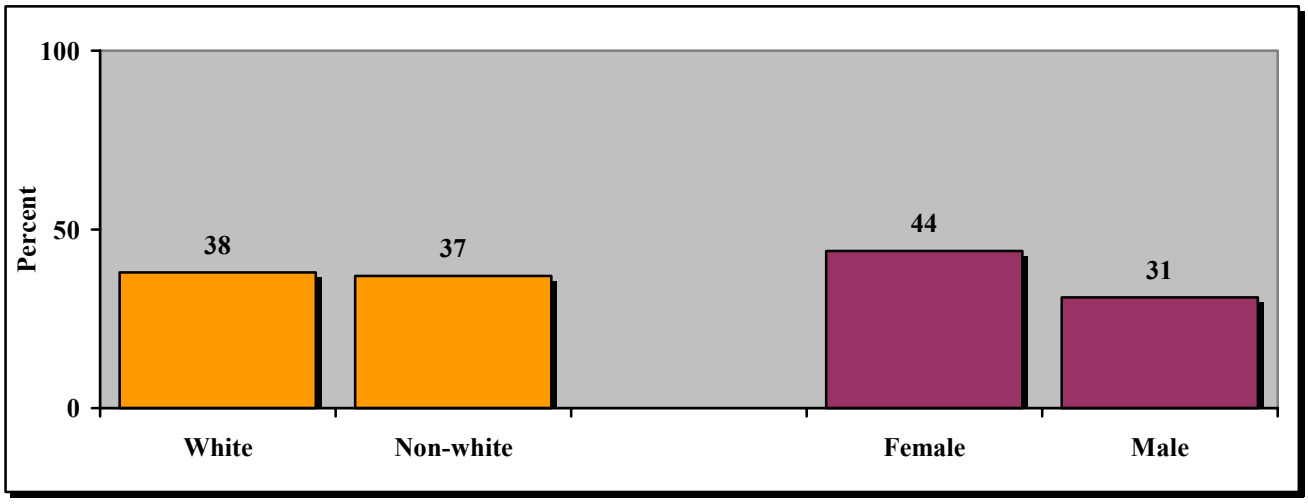
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Table 5: Physical health status, by race and gender

		Physical health good	Physical health not good one day or more
Race			
White	**%**	**62**	**38**
	CI	(56.2-68.2)	(31.8-43.8)
	n	736	
Non-White	**%**	**63**	**37**
	CI	(45.3-80.7)	(19.3-54.7)
	n	49	
Gender			
Female	**%**	**56**	**44**
	CI	(47.4-64.2)	(35.8-52.6)
	n	496	
Male	%	**69**	**31**
	CI	(62.5-75.9)	(24.1-37.5)
	n	305	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 5: Percentage of respondents who reported physical health not good on one or more of the thirty days preceding the survey, by race and gender



Health Status (continued)

Table 6: Physical health status, by age, education, and income

		Physical health good	Physical health not good one day or more
Age			
18-39	**%**	**63**	**37**
	CI	(52.7-73.8)	(26.2-47.3)
	n	178	
40-64	**%**	**62**	**38**
	CI	(56.7-68.2)	(31.8-43.3)
	n	372	
65+	**%**	**59**	**41**
	CI	(51.6-65.7)	(34.3-48.4)
	n	227	
Education			
< High School Education	**%**	**69**	**31**
	CI	(56.4-82.3)	(17.7-43.6)
	n	93	
High School Graduate	**%**	**60**	**40**
	CI	(51.0-68.6)	(31.4-49.0)
	n	412	
College Graduate	**%**	**65**	**35**
	CI	(57.4-71.7)	(28.3-42.6)
	n	276	
Income			
<$20,000	**%**	**61**	**39**
	CI	(49.0-73.5)	(26.5-51.0)
	n	126	
$20,000-$50,000	**%**	**60**	**40**
	CI	(52.5-68.0)	(31.9-47.5)
	n	288	
>$50,000	**%**	**68**	**32**
	CI	(60.9-74.5)	(25.5-39.1)
	n	272	

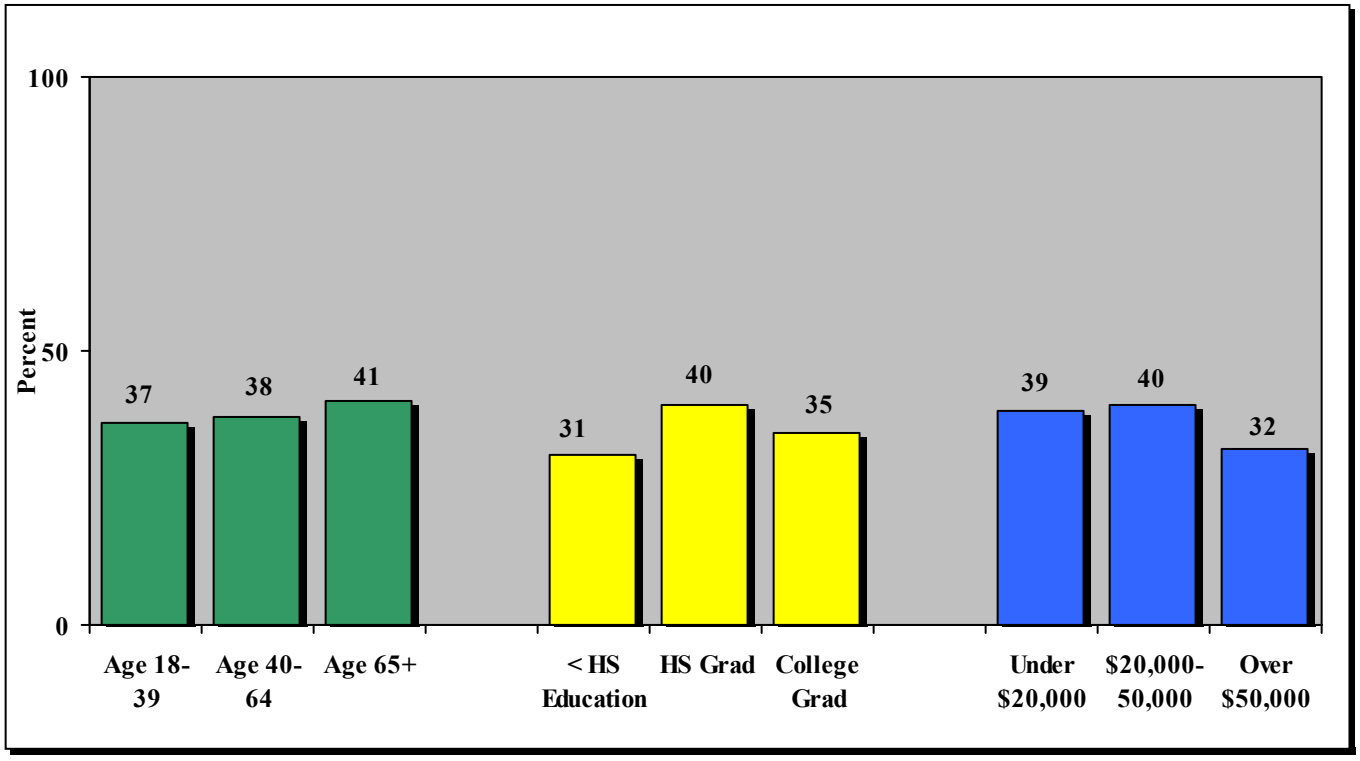
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Health Status (continued)

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Risk Factor Definition: Physical health "not good"

Figure 6: Percentage of respondents who reported physical health not good on one or more of the thirty days preceding the survey, by age, education, and income



Health Status (continued)

Mental Health

Mental health includes stress, depression, and problems with emotions.

Risk Factor Definition: Mental health "not good"

Question: How many days during the past 30 days was your mental health not good?

At Risk: Having one or more self-reported days of "not good" mental health.

Who is at risk in Washington County?

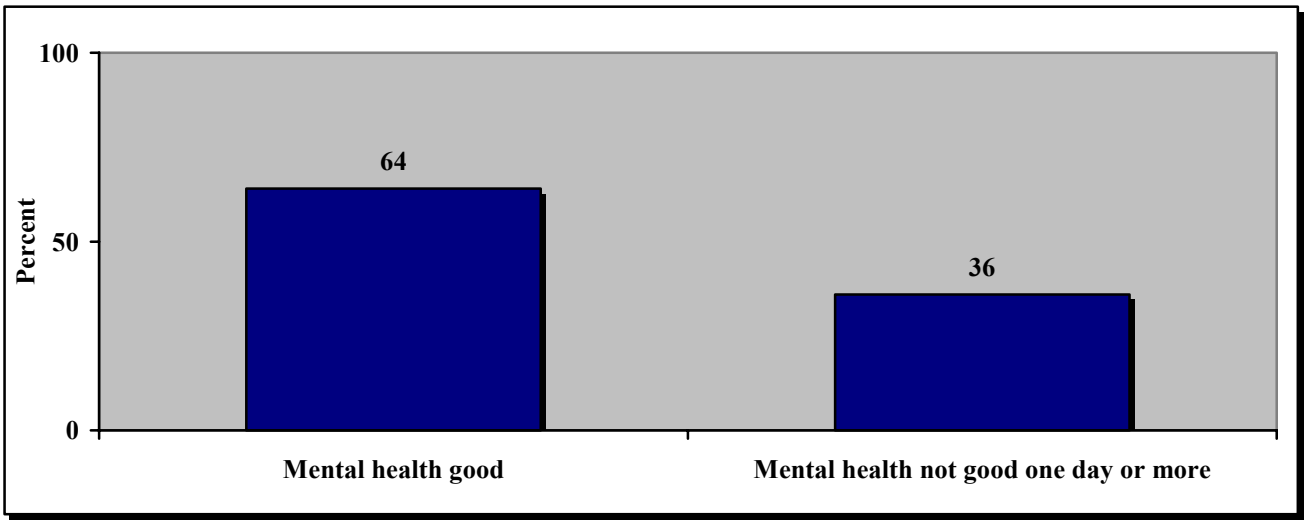
- **Thirty-six percent (36%)** of adults in Washington County had at least one day of poor mental health in the past month.

Table 7: Mental health status

	Mental health good	Mental health not good one day or more
%	64	36
CI	(58.6-68.7)	(31.3-41.4)
n	797	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Mental health status



Health Status (continued)

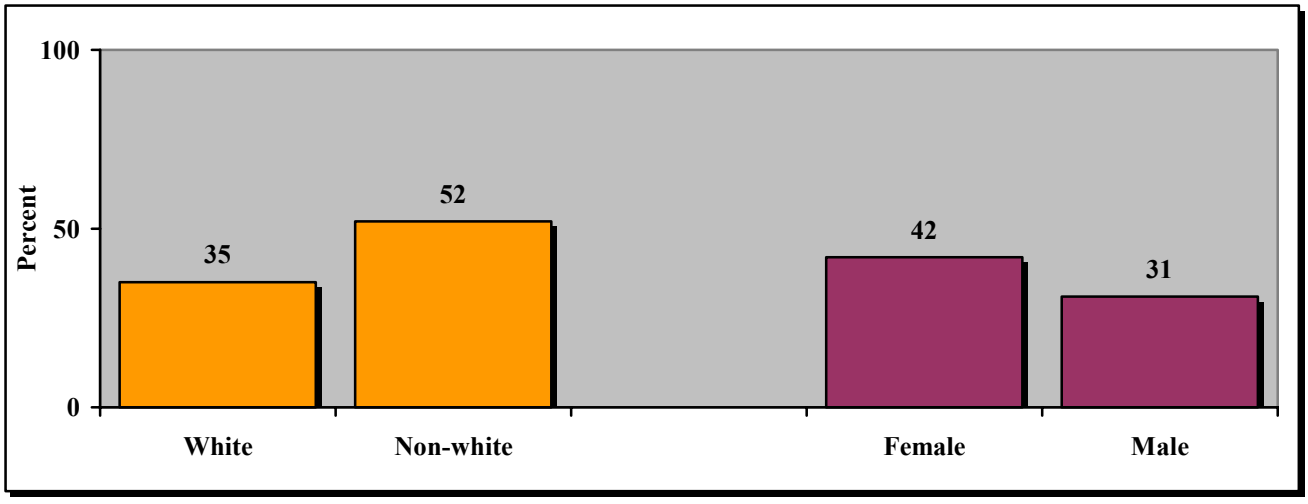
Question: How many days during the past 30 days was your mental health not good?

Table 8: Mental health status, by race and gender

		Mental health good	Mental health not good one day or more
Race			
White	**%**	**65**	**35**
	CI	(59.7-70.1)	(29.9-40.3)
	n	736	
Non-White	**%**	**48**	**52**
	CI	(28.7-66.5)	(33.5-71.3)
	n	48	
Gender			
Female	**%**	**58**	**42**
	CI	(51.1-65.7)	(34.3-48.9)
	n	499	
Male	%	**69**	**31**
	CI	(61.7-76.2)	(23.8-38.3)
	n	298	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 8: Percentage of respondents who reported mental health not good on one or more of the thirty days preceding the survey, by race and gender



Health Status (continued)

Table 9: Mental health status, by age, education, and income

		Mental health good	Mental health not good one day or more
Age			
18-39	**%**	**60**	**40**
	CI	(51.0-69.5)	(30.5-49.1)
	n	178	
40-64	**%**	**62**	**38**
	CI	(56.1-67.6)	(32.4-43.9)
	n	373	
65+	**%**	**80**	**20**
	CI	(74.1-85.5)	(14.5-25.9)
	n	224	
Education			
< High School Education	**%**	**65**	**35**
	CI	(50.7-79.7)	(20.3-49.2)
	n	91	
High School Graduate	**%**	**65**	**35**
	CI	(57.8-72.6)	(27.4-42.2)
	n	412	
College Graduate	**%**	**59**	**41**
	CI	(52.2-66.6)	(33.4-47.8)
	n	277	
Income			
<$20,000	**%**	**44**	**56**
	CI	(30.8-57.7)	(42.3-69.2)
	n	125	
$20,000-$50,000	**%**	**58**	**42**
	CI	(50.1-66.1)	(33.9-50.0)
	n	285	
>$50,000	**%**	**66**	**34**
	CI	(58.7-72.5)	(27.5-41.3)
	n	270	

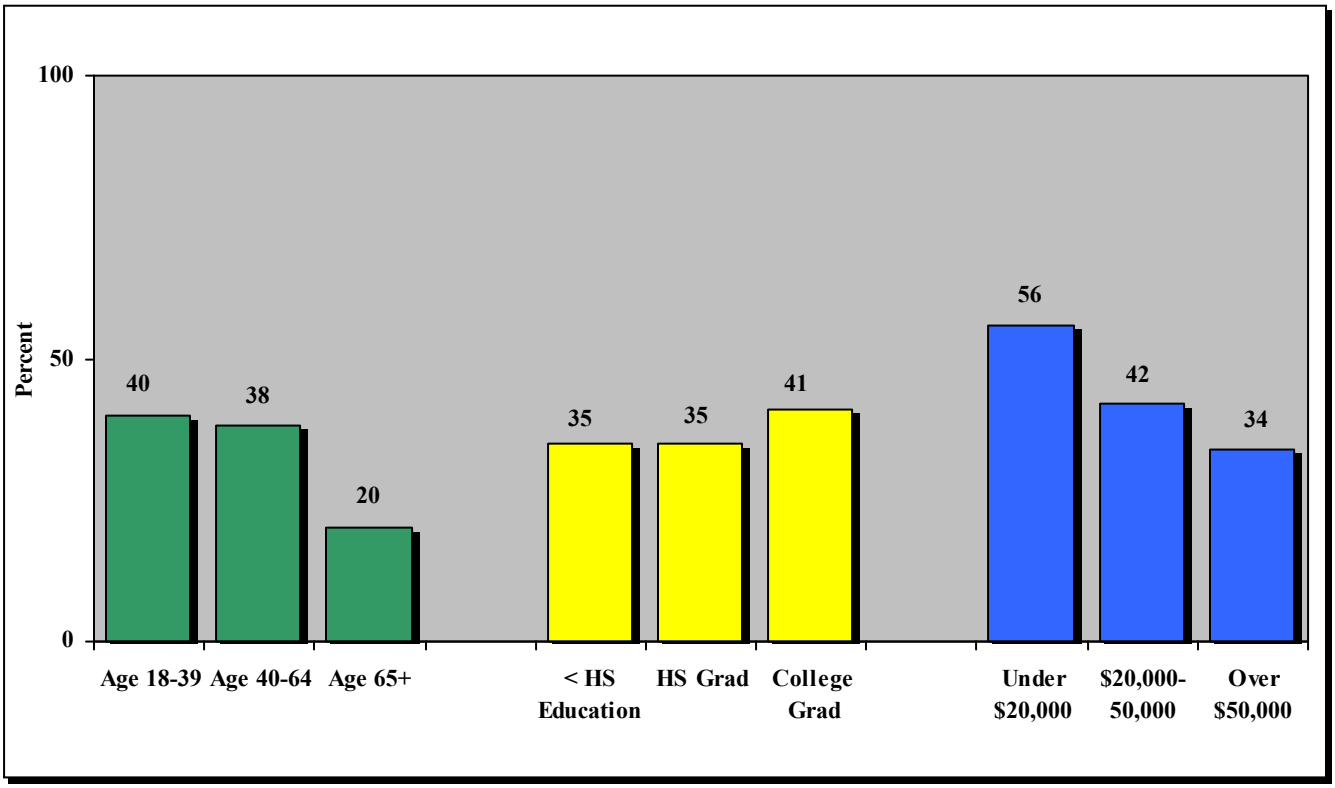
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Health Status (continued)

Question: How many days during the past 30 days was your mental health not good?

Risk Factor Definition: Mental health "not good"

Figure 9: Respondents who reported mental health not good on one or more of the thirty days preceding the survey, by age, education, and income



Health Care Access

The survey asked if respondents had health insurance. Health insurance provides better access to health care. Those with health insurance are more likely to have a primary care physician to receive appropriate preventative care.

Risk Factor Definition: No health care coverage

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

At Risk: Those who answered "no" are considered at risk.

Who is at risk in Washington County?

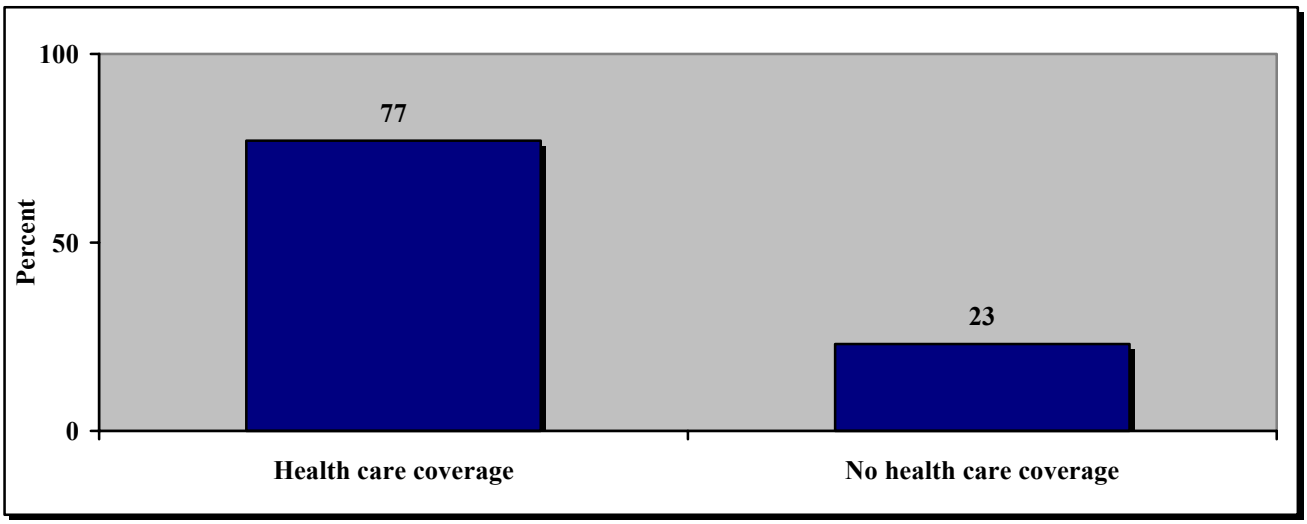
- **Twenty-three percent (23%)** of adults in Washington County reported that they did not have health care coverage.

Table 1: Health care coverage

	Health care coverage	No health care coverage
%	**77**	**23**
CI	(71.7-81.7)	(18.3-28.3)
n	803	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Health care coverage



Health Care Access (continued)

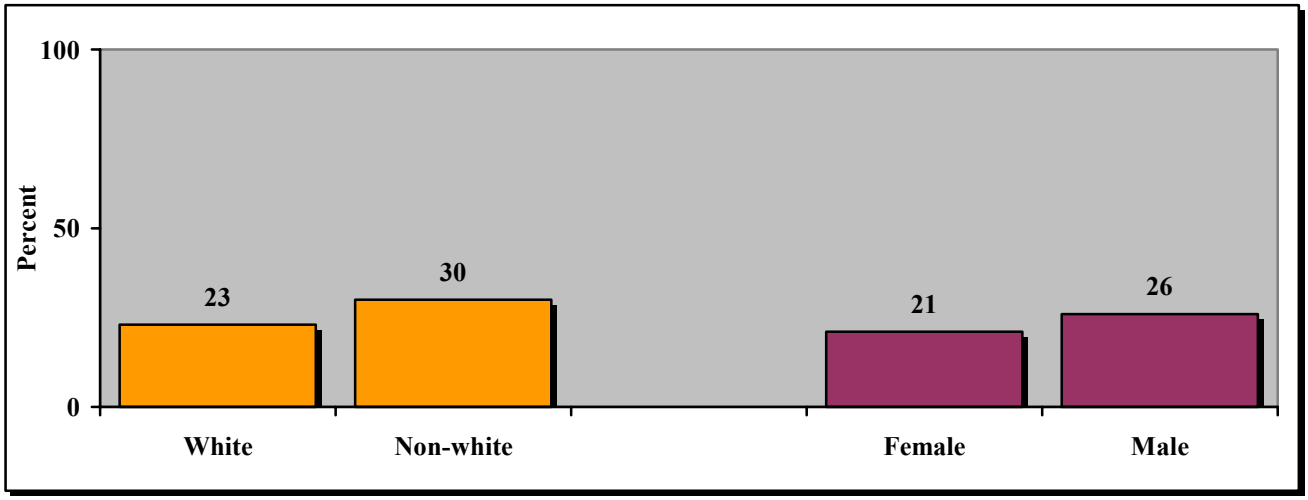
Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Table 2: Health care coverage

		Health care coverage	No health care coverage
Race			
White	**%**	**77**	**23**
	CI	(71.9-82.5)	(17.5-28.1)
	n	745	
Non-White	**%**	**70**	**30**
	CI	(54.1-86.6)	(13.4-45.9)
	n	49	
Gender			
Female	**%**	**79**	**21**
	CI	(73.6-85.0)	(15.0-26.4)
	n	304	
Male	%	**74**	**26**
	CI	(66.2-82.0)	(18.0-33.9)
	n	499	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported no health care coverage, by race and gender



Health Care Access (continued)

Table 3: Health care coverage, by age, education, and income

		Health care coverage	No health care coverage
Age			
18-39	**%**	**72**	**28**
	CI	(62.7-80.7)	(19.3-37.3)
	n	179	
40-64	**%**	**74**	**25**
	CI	(69.1-80.6)	(19.4-30.9)
	n	375	
65+	**%**	**99**	**1**
	CI	(98.2-100.0)	(0.0-1.8)
	n	231	
Education			
< High School Education	**%**	**55**	**45**
	CI	(38.6-71.2)	(28.8-61.4)
	n	95	
High School Graduate	**%**	**75**	**26**
	CI	(66.6-81.2)	(18.8-33.4)
	n	417	
College Graduate	**%**	**90**	**10**
	CI	(85.2-94.4)	(5.6-14.8)
	n	278	
Income			
<$20,000	**%**	**55**	**45**
	CI	(41.6-69.1)	(30.9-58.4)
	n	128	
$20,000-$50,000	**%**	**69**	**31**
	CI	(61.4-77.0)	(23.0-38.6)
	n	289	
>$50,000	**%**	**95**	**5**
	CI	(91.6-98.2)	(1.8-8.4)
	n	272	

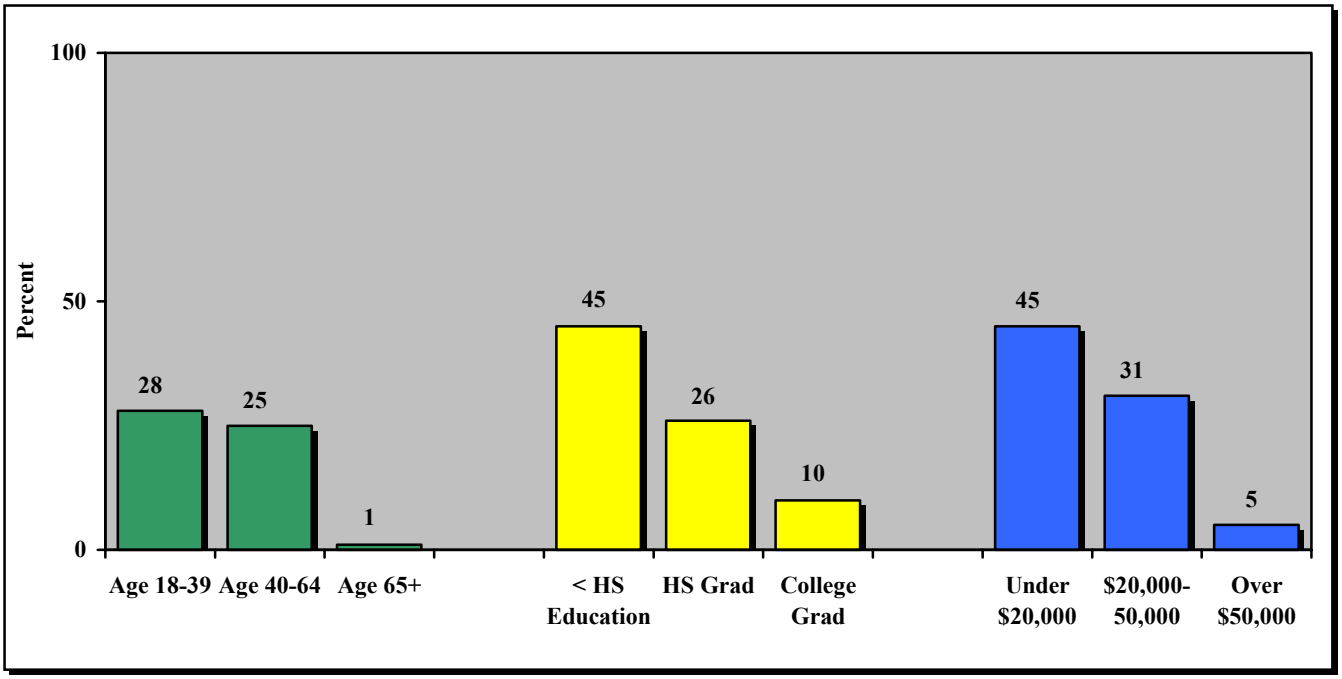
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Health Care Access (continued)

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Risk Factor Definition: No health care coverage

Figure 3: Percentage of respondents who reported no health care coverage, by age, education, and income



Health Care Access (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

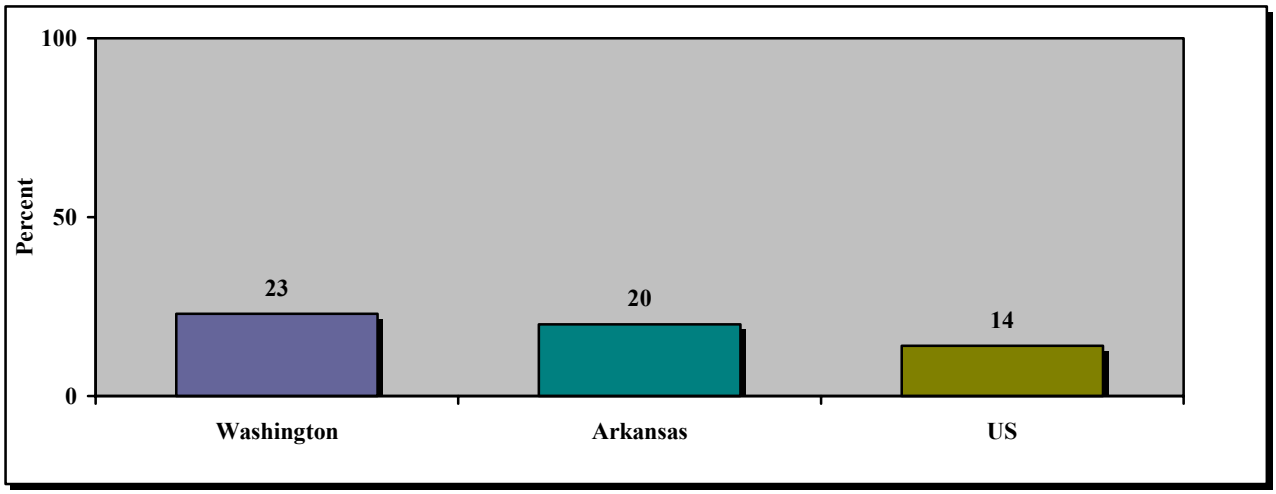
Comparing reported findings on: Health care coverage

Table 4: Health care coverage

		Health care coverage	No health care coverage
Washington County	**%**	**77**	**23**
	CI	(71.7-81.7)	(18.3-28.3)
	n	803	
Arkansas	**%**	**80**	**20**
	CI	(78.1-81.3)	(18.7-21.9)
	n	5711	
US	**^%**	**86**	**14**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on no health care coverage



Health Care Access (continued)

Comparing reported findings on: Health care coverage

Table 5: Health care coverage, by gender

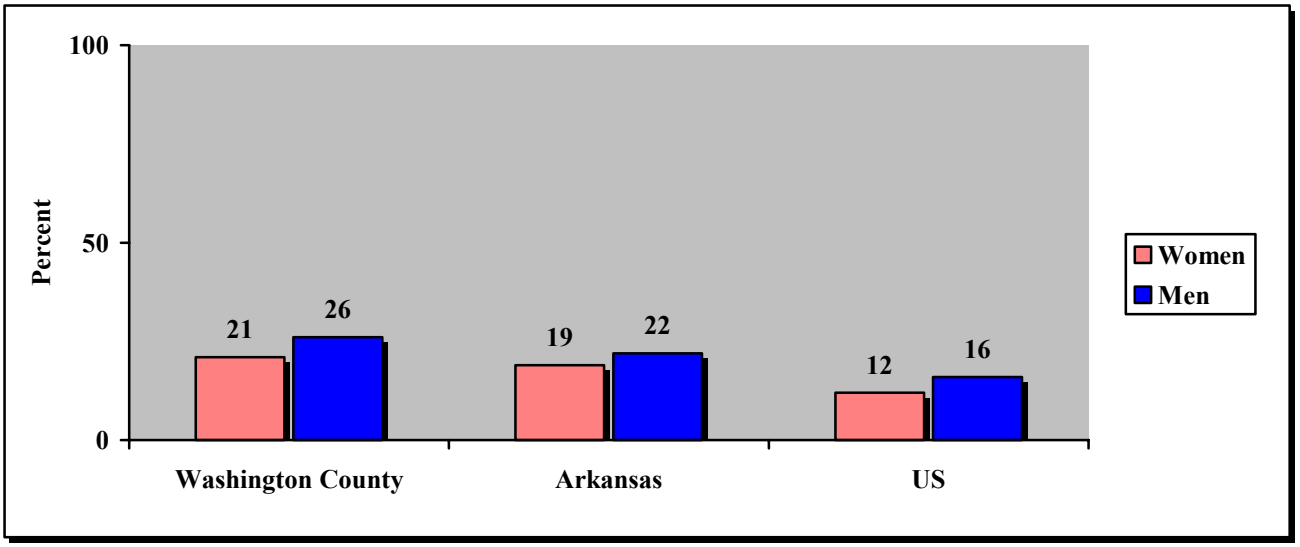
		Health care coverage	No health care coverage
Washington County			
Female	**%**	**79**	**21**
	CI	(73.6-85.0)	(15.0-26.4)
	n	304	
Male	**%**	**74**	**26**
	CI	(66.2-82.0)	(18.0-33.9)
	n	499	
Arkansas			
Female	**%**	**81**	**19**
	CI	(79.6-83.2)	(16.8-20.4)
	n	3677	
Male	**%**	**78**	**22**
	CI	(75.4-80.4)	(19.6-24.6)
	n	2034	
US			
Female	**%**	**88**	**12**
	n	51	
Male	**%**	**84**	**16**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Health Care Access (continued)

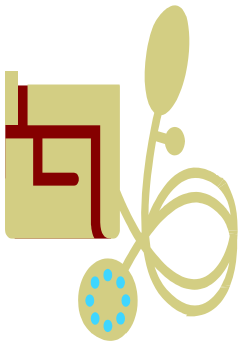
Comparing reported findings on: No health care coverage

Figure 5: Comparing reported findings on no health care coverage, by gender



Hypertension

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure, or kidney failure.



Risk Factor Definition: Have high blood pressure (hypertension)

Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Washington County?

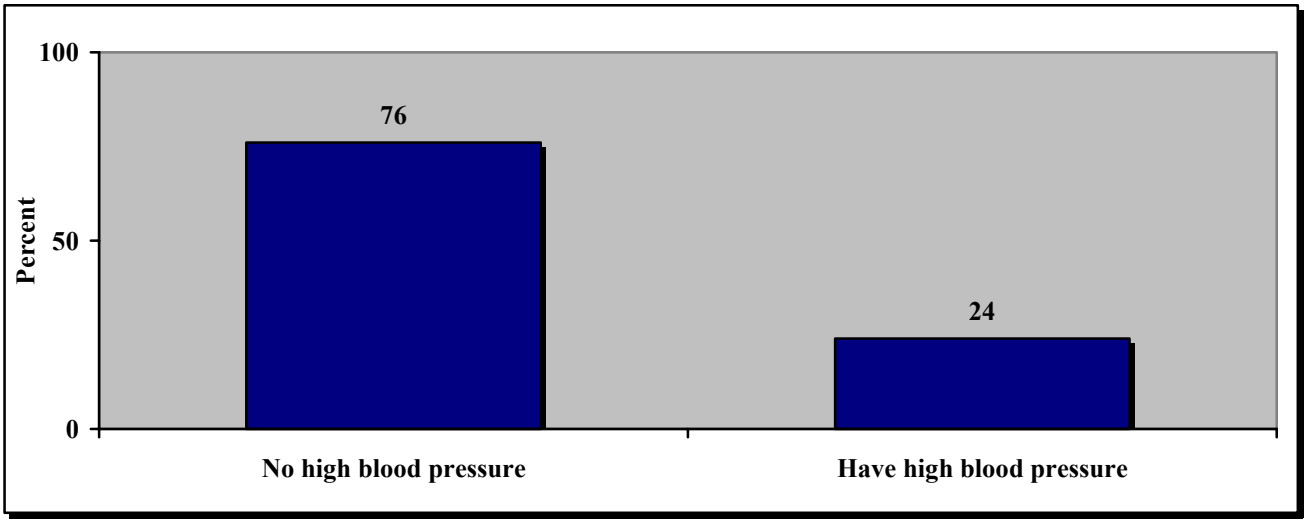
- **Twenty-four percent (24%)** of adults in Washington County reported that they had been given a hypertension diagnosis by a doctor.

Table 1: High blood pressure (hypertension)

	No high blood pressure	Have high blood pressure
%	**76**	**24**
CI	(72.1-79.4)	(20.6-27.9)
n	799	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: High blood pressure (hypertension)



Hypertension (continued)

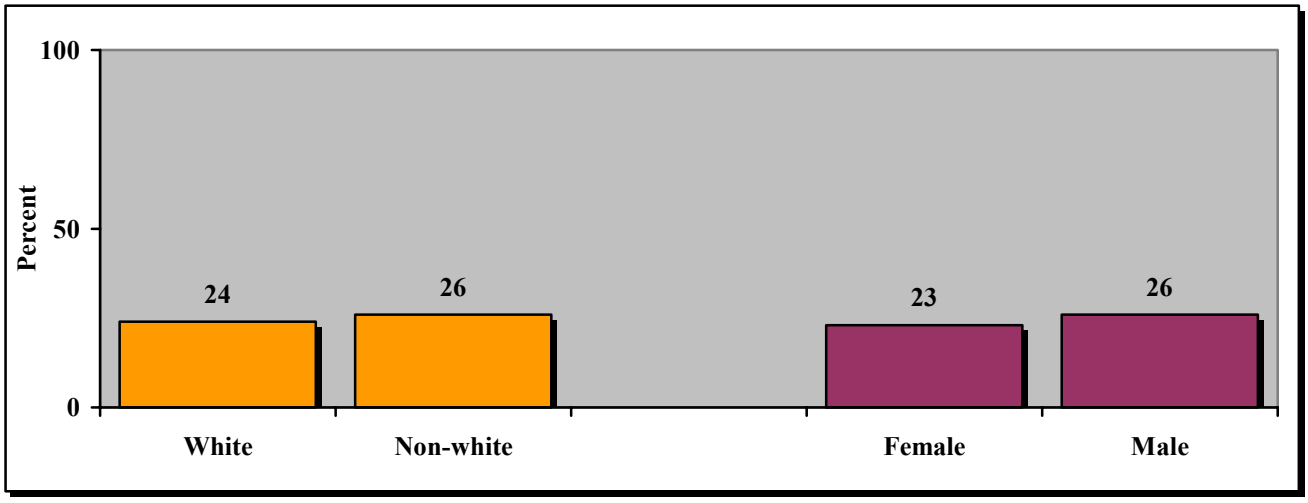
Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

Table 2: High blood pressure

		No high blood pressure	Have high blood pressure
Race			
White	**%**	**76**	**24**
	CI	(72.1-79.6)	(20.4-27.9)
	n	744	
Non-White	**%**	**74**	**26**
	CI	(58.7-89.0)	(11.0-41.3)
	n	49	
Gender			
Female	**%**	**77**	**23**
	CI	(72.7-82.0)	(18.0-27.3)
	n	499	
Male	%	**74**	**26**
	CI	(68.5-79.8)	(20.2-31.5)
	n	300	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had been given a hypertension diagnosis by a doctor, nurse, or other health professional, by race and gender



Hypertension (continued)

Table 3: High blood pressure (hypertension), by age, education, and income

		No high blood pressure	Have high blood pressure
Age			
18-39	**%**	**92**	**8**
	CI	(88.4-96.5)	(3.4-11.6)
	n	179	
40-64	**%**	**67**	**33**
	CI	(61.7-72.6)	(27.4-38.3)
	n	375	
65+	**%**	**36**	**64**
	CI	(29.2-42.8)	(57.2-70.8)
	n	230	
Education			
< High School Education	**%**	**78**	**22**
	CI	(68.9-87.2)	(12.8-31.1)
	n	94	
High School Graduate	**%**	**74**	**26**
	CI	(68.9-80.0)	(20.0-31.1)
	n	417	
College Graduate	**%**	**78**	**22**
	CI	(72.3-83.1)	(16.9-27.7)
	n	278	
Income			
<$20,000	**%**	**69**	**31**
	CI	(58.0-79.6)	(20.4-42.0)
	n	128	
$20,000-$50,000	**%**	**75**	**25**
	CI	(69.1-80.7)	(19.3-30.9)
	n	288	
>$50,000	**%**	**79**	**21**
	CI	(73.3-84.0)	(15.9-26.7)
	n	272	

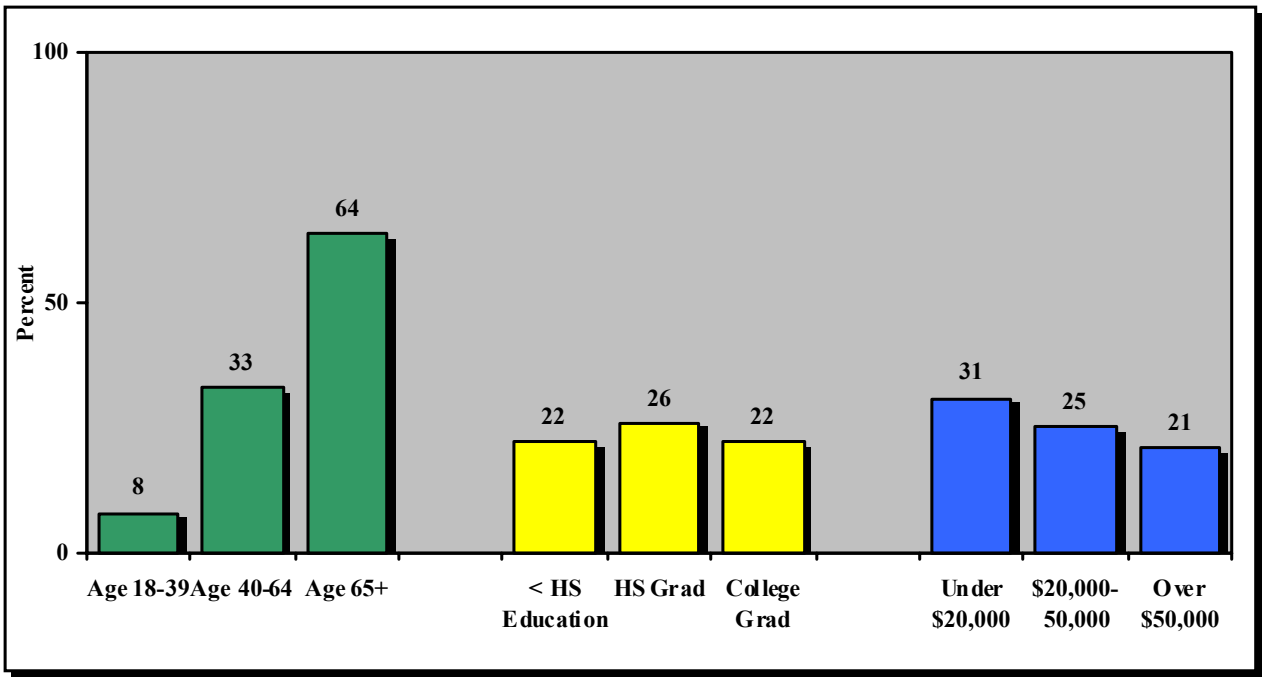
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Hypertension (continued)

Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

Risk Factor Definition: Have high blood pressure

Figure 3: Percentage of respondents who reported that they had been given a hypertension diagnosis by a doctor, nurse, or other health professional, by age, education, and income



Hypertension (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

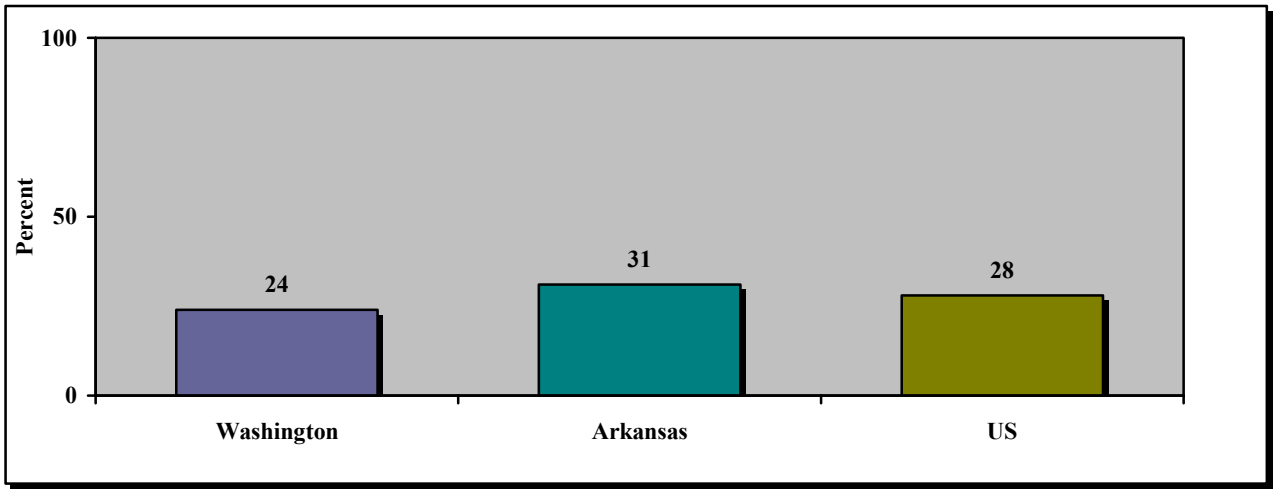
Comparing reported findings on: Hypertension

Table 4: High blood pressure (hypertension)

		No high blood pressure	Have high blood pressure
Washington County	**%**	**76**	**24**
	CI	(72.1-79.4)	(20.6-27.9)
	n	799	
Arkansas	**%**	**69**	**31**
	CI	(67.3-70.1)	(29.9-32.7)
	n	5718	
US	**^%**	**72**	**28**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on have high blood pressure



Hypertension (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Hypertension

Table 5: High blood pressure (hypertension), by gender

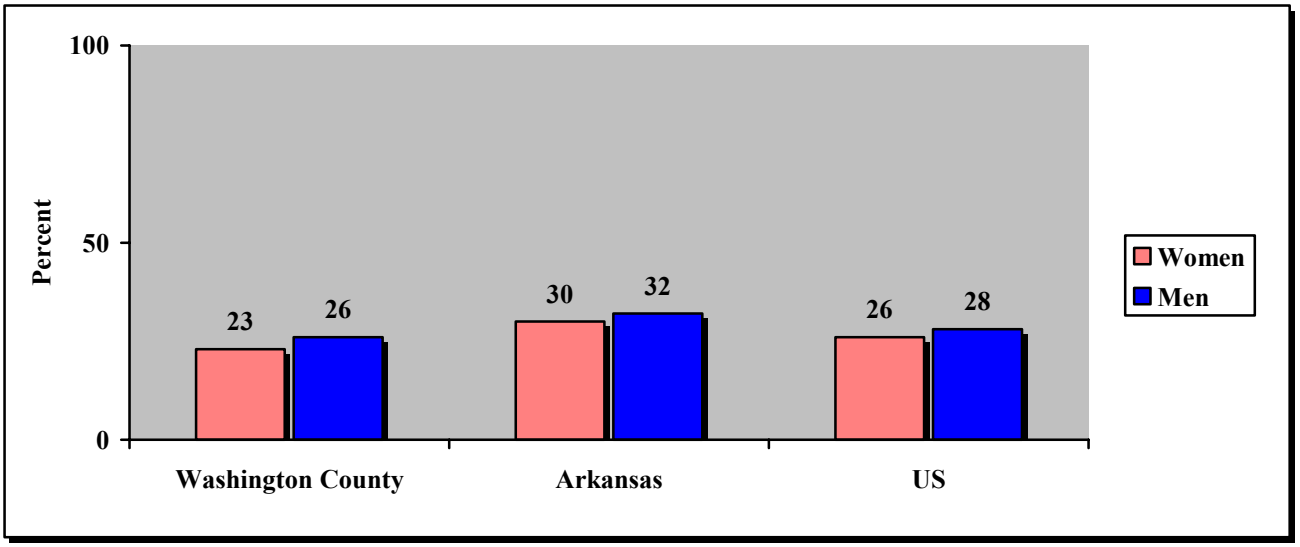
		No high blood pressure	Have high blood pressure
Washington County			
Female	**%**	**77**	**23**
	CI	(72.7-82.0)	(18.0-27.3)
	n	499	
Male	**%**	**74**	**26**
	CI	(68.5-79.8)	(20.2-31.5)
	n	300	
Arkansas			
Female	**%**	**70**	**30**
	CI	(67.8-71.4)	(28.6-32.2)
	n	3676	
Male	**%**	**68**	**32**
	CI	(65.4-70.2)	(29.8-34.6)
	n	2042	
US			
Female	**%**	**74**	**26**
	n	51	
Male	**%**	**72**	**28**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Hypertension (continued)

Comparing reported findings on: Hypertension

Figure 5: Comparing reported findings on have high blood pressure, by gender



Cholesterol

People with high cholesterol are at a higher risk for heart attack and stroke.

Testing for Cholesterol

Risk Factor Definition: Have not had blood cholesterol checked in past two years

Blood cholesterol is a fatty substance found in the blood.

Questions:
1. Have you ever had your blood cholesterol checked?
2. How long has it been since you had your blood cholesterol checked?

At Risk: Those who have not had their blood cholesterol checked within the past 2 years are considered at risk.

Who is at risk in Washington County?

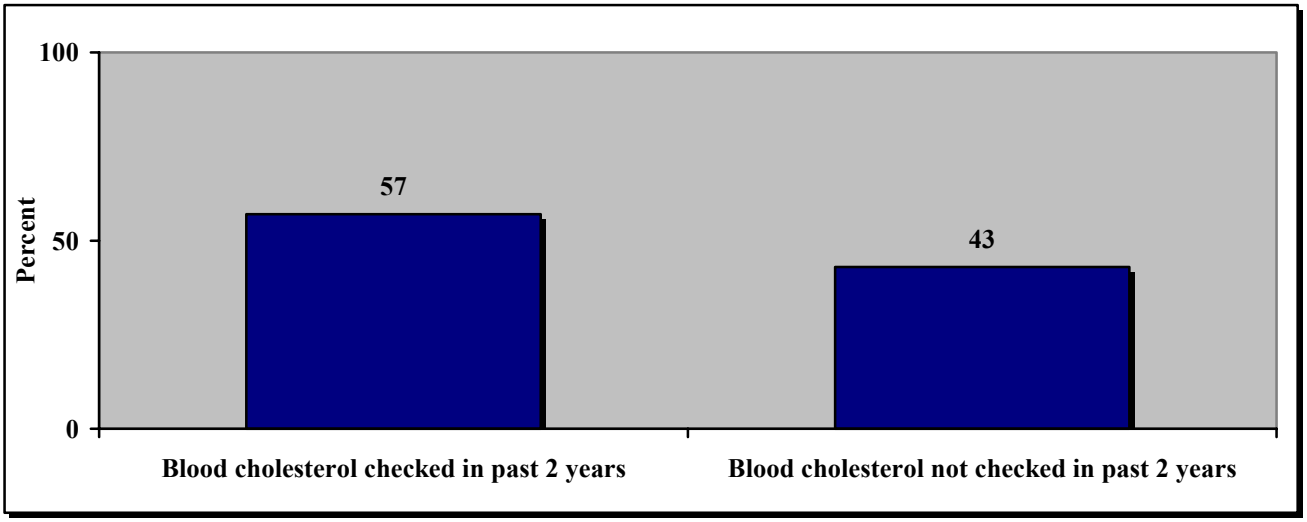
- **Forty-three percent (43%)** of Washington County adults reported that they had not checked blood cholesterol levels in the two years preceding the survey.

Table 1: Testing for blood cholesterol

	Blood cholesterol checked in past two years	Blood cholesterol not checked in past two years
%	**57**	**43**
CI	(51.6-63.0)	(37.0-48.4)
n	775	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Testing for blood cholesterol



Cholesterol (continued)

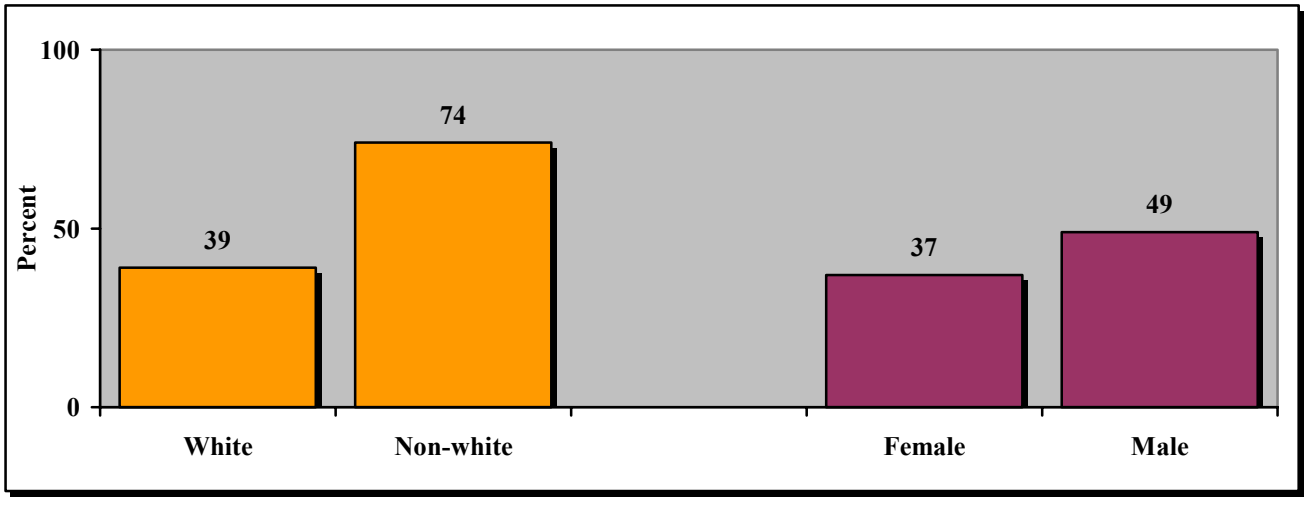
Question: How long has it been since you had your blood cholesterol checked?

Table 2: Testing for blood cholesterol

		Blood cholesterol checked in past two years	Blood cholesterol not checked in past two years
Race			
White	**%**	**61**	**39**
	CI	(54.6-66.5)	(33.5-45.4)
	n	722	
Non-White	**%**	**26**	**74**
	CI	(11.4-40.2)	(59.8-88.6)
	n	47	
Gender			
Female	**%**	**63**	**37**
	CI	(55.8-70.6)	(29.4-44.2)
	n	485	
Male	%	**51**	**49**
	CI	(43.4-59.4)	(40.6-56.6)
	n	290	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported who reported that they had not checked blood cholesterol levels in the two years preceding the survey, by race and gender



Cholesterol (continued)

Table 3: Testing for blood cholesterol, by age, education, and income

		Blood cholesterol checked in past two years	Blood cholesterol not checked in past two years
Age			
18-39	**%**	**38**	**62**
	CI	(27.6-48.9)	(51.1-72.4)
	n	171	
40-64	**%**	**71**	**29**
	CI	(65.5-77.2)	(22.8-34.5)
	n	369	
65+	**%**	**90**	**10**
	CI	(85.5-93.8)	(6.2-14.5)
	n	220	
Education			
< High School Education	**%**	**44**	**56**
	CI	(29.1-59.4)	(40.6-70.9)
	n	90	
High School Graduate	**%**	**55**	**45**
	CI	(46.9-64.0)	(36.0-53.1)
	n	403	
College Graduate	**%**	**65**	**35**
	CI	(57.9-72.8)	(27.2-42.1)
	n	274	
Income			
<$20,000	**%**	**49**	**51**
	CI	(35.4-63.1)	(36.8-64.6)
	n	122	
$20,000-$50,000	**%**	**51**	**49**
	CI	(42.8-58.8)	(41.2-57.2)
	n	285	
>$50,000	**%**	**66**	**34**
	CI	(58.3-73.8)	(26.2-41.7)
	n	268	

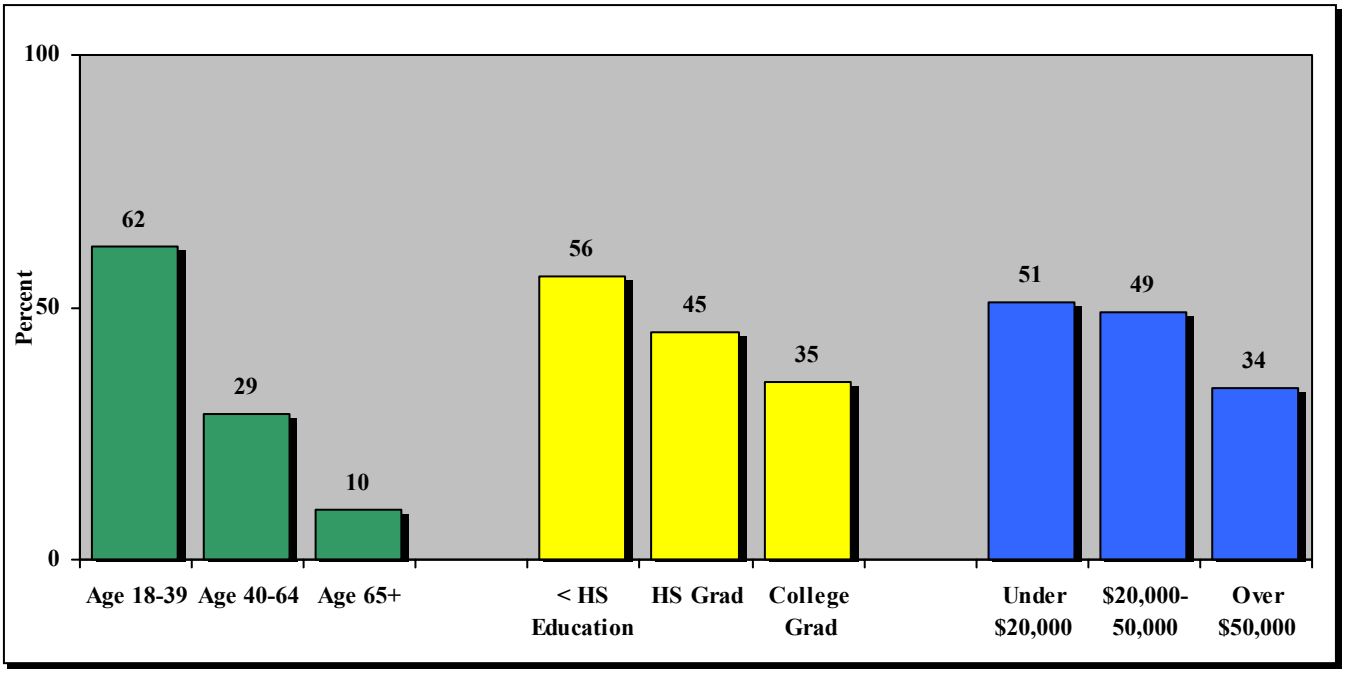
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Cholesterol (continued)

Question: How long has it been since you had your blood cholesterol checked?

Risk Factor Definition: Have not had blood cholesterol checked in past two years

Figure 3: Percentage of respondents who reported that they had not checked blood cholesterol levels in the two years preceding the survey, age, education, and income



Cholesterol (continued)

Blood Cholesterol Level

Risk Factor Definition: High blood cholesterol level

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At Risk: **Of those who reported that they had had a blood cholesterol test done,** those respondents who answered "yes" are considered at risk.

Who is at risk in Washington County?

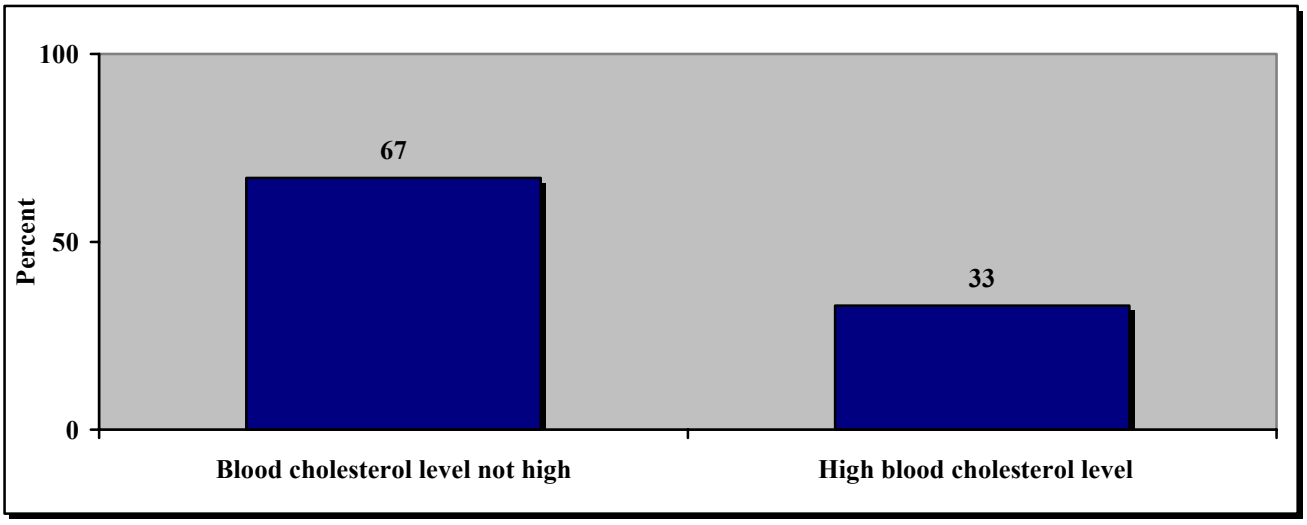
- Of those Washington County adults who reported that they had had a blood cholesterol test done, **thirty-three percent (33%)** reported a high cholesterol diagnosis by a doctor, nurse or other health professional.

Table 4: Blood cholesterol level

	Blood cholesterol level not high	High blood cholesterol level
%	**67**	**33**
CI	(62.2-72.3)	(27.7-37.8)
n	635	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 4: Blood cholesterol level



Cholesterol (continued)

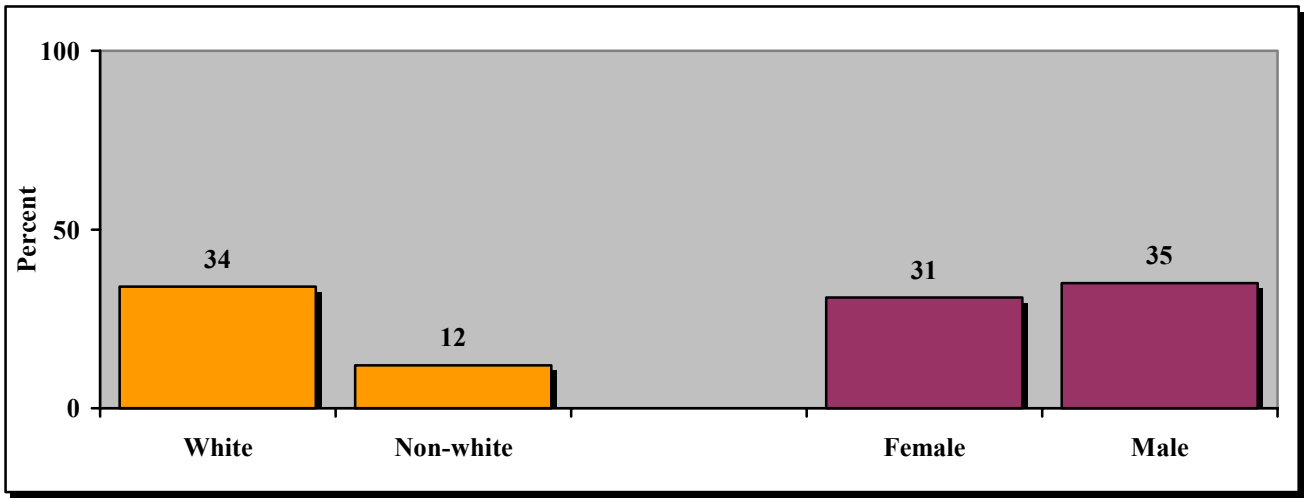
Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Table 5: Blood cholesterol level

		Blood cholesterol level not high	High blood cholesterol level
Race			
White	**%**	**66**	**34**
	CI	(61.1-71.7)	(28.3-38.9)
	n	605	
Non-White	**%**	**88**	**12**
	CI	(76.5-99.0)	(1.0-23.5)
	n	27	
Gender			
Female	**%**	**69**	**31**
	CI	(62.0-76.0)	(24.0-38.0)
	n	409	
Male	%	**65**	**35**
	CI	(57.9-72.2)	(27.9-42.1)
	n	226	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 5: Of those Washington County adults who reported that they had had a blood cholesterol test done, the percentage of respondents who reported a high blood cholesterol diagnosis by a doctor, nurse or other health, by race and gender



Cholesterol (continued)

Table 6: Blood cholesterol level, by age, education, and income

		Blood cholesterol level not high	High blood cholesterol level
Age			
18-39	**%**	**86**	**14**
	CI	(78.4-94.1)	(6.0-21.6)
	n	96	
40-64	**%**	**60**	**40**
	CI	(53.5-65.8)	(34.2-46.5)
	n	315	
65+	**%**	**48**	**52**
	CI	(40.2-55.1)	(44.9-59.8)
	n	212	
Education			
< High School Education	**%**	**60**	**40**
	CI	(46.8-74.0)	(25.9-53.2)
	n	69	
High School Graduate	**%**	**67**	**33**
	CI	(59.3-75.0)	(25.0-40.7)
	n	327	
College Graduate	**%**	**69**	**31**
	CI	(62.0-75.8)	(24.2-38.0)
	n	234	
Income			
<$20,000	**%**	**60**	**40**
	CI	(47.5-72.2)	(27.8-52.5)
	n	95	
$20,000-$50,000	**%**	**61**	**39**
	CI	(53.6-69.2)	(30.8-46.4)
	n	228	
>$50,000	**%**	**71**	**29**
	CI	(64.7-77.7)	(22.3-35.3)
	n	232	

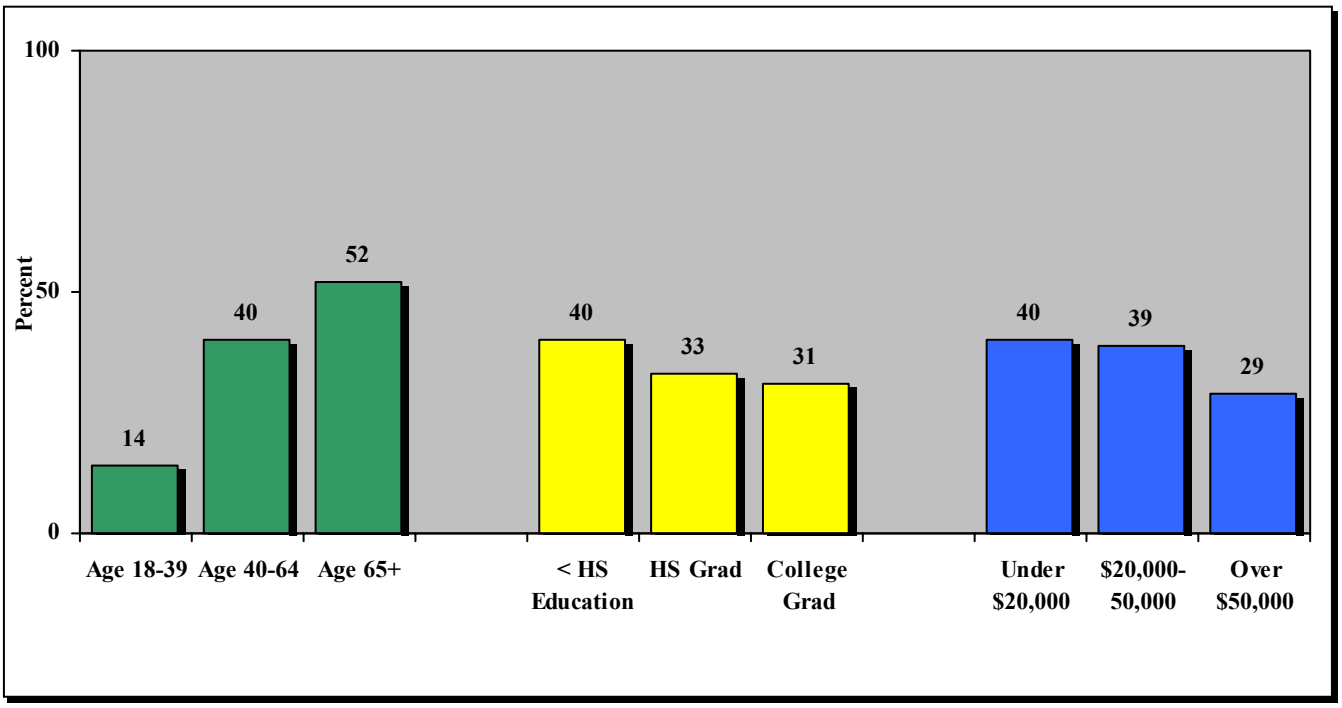
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Cholesterol (continued)

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Risk Factor Definition: High blood cholesterol level

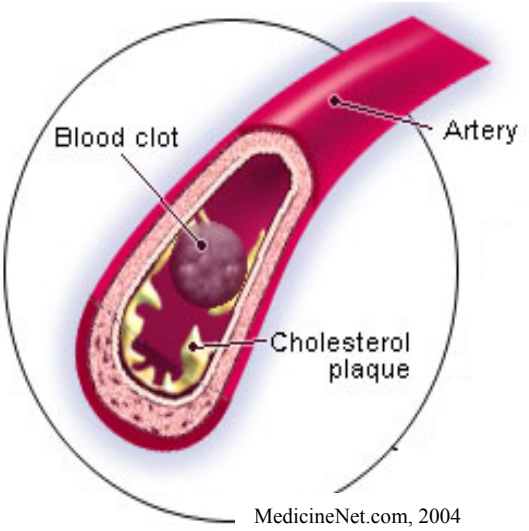
Figure 6: Of those Washington County adults who reported that they had had a blood cholesterol test done, the percentage of respondents who reported a high blood cholesterol diagnosis by a doctor, nurse or other health, by age, education, and income



Cardiovascular Disease Prevalence

Myocardial infraction

A heart attack occurs when blood flow to a section of heart muscle becomes blocked. If the flow of blood is not restored quickly, the section of heart muscle becomes damaged from lack of oxygen and begins to die. Heart attack is a leading killer of both men and women in the United States.[3]



MedicineNet.com, 2004

Risk Factor Definition: Ever had a myocardial infarction

Question: Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also known as a myocardial infarction?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Washington County?

- **Three percent (3%)** of adults in Washington County reported that they had been told by a doctor, nurse, or other health professional that they had had a myocardial infarction.

[3] http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_WhatIs.html

Cardiovascular Disease Prevalence (continued)

Table 1: Myocardial infarction

	No myocardial infarction	Have had a myocardial infarction
%	**97**	**3**
CI	(95.8-98.0)	(2.0-4.2)
n	793	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Myocardial infarction

Cardiovascular Disease Prevalence (continued)

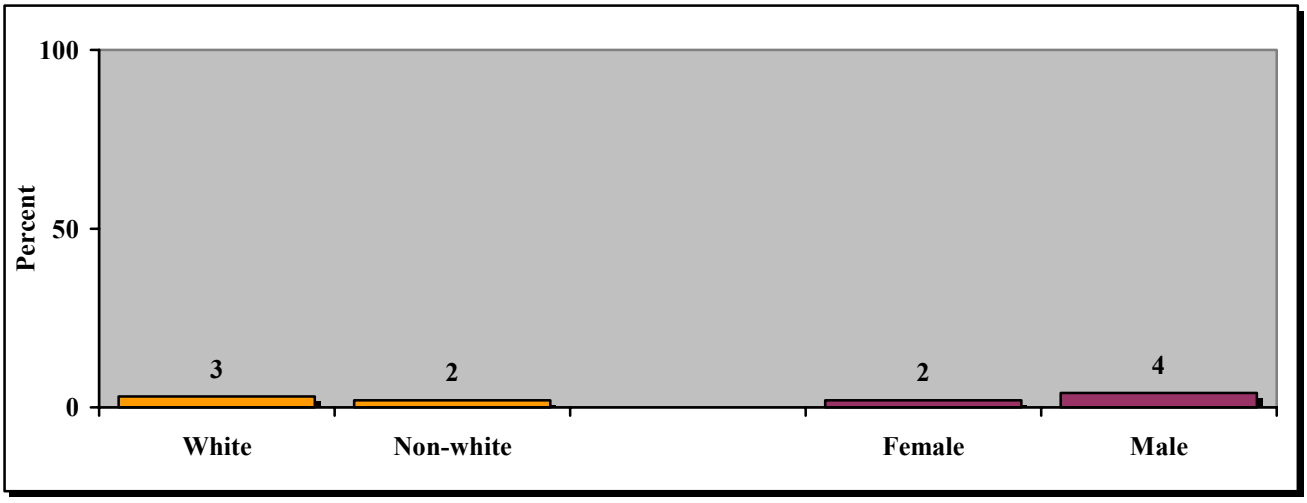
Question: Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also known as a myocardial infarction?

Table 2: Myocardial infarction, by race and gender

		No myocardial infarction	Have had a myocardial infarction
Race			
White	**%**	**97**	**3**
	CI	(95.6-97.9)	(2.1-4.4)
	n	742	
Non-White	**%**	**98**	**2**
	CI	(95.1-100.0)	(0.0-4.9)
	n	48	
Gender			
Female	**%**	**98**	**2**
	CI	(96.9-99.0)	(1.0-3.1)
	n	300	
Male	%	**96**	**4**
	CI	(93.9-97.7)	(2.3-6.1)
	n	493	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had been told by a doctor, nurse, or other health professional that they had had a myocardial infarction, by race and gender



Cardiovascular Disease Prevalence (continued)

Table 3: Myocardial infarction, by age, education, and income

		No myocardial infarction	Have had a myocardial infarction
Age			
18-39	**%**	**100**	**0**
	CI	(100.0-100.0)	
	n	178	
40-64	**%**	**96**	**4**
	CI	(94.3-98.4)	(1.6-5.7)
	n	373	
65+	**%**	**86**	**14**
	CI	(81.0-91.6)	(8.4-19.0)
	n	229	
Education			
< High School Education	**%**	**97**	**3**
	CI	(93.7-99.4)	(0.6-6.3)
	n	94	
High School Graduate	**%**	**97**	**3**
	CI	(95.0-98.2)	(1.8-5.0)
	n	416	
College Graduate	**%**	**98**	**2**
	CI	(96.0-99.3)	(0.7-4.0)
	n	276	
Income			
<$20,000	**%**	**96**	**4**
	CI	(93.8-98.9)	(1.1-6.2)
	n	126	
$20,000-$50,000	**%**	**96**	**4**
	CI	(93.6-98.0)	(2.0-6.4)
	n	289	
>$50,000	**%**	**98**	**2**
	CI	(97.0-99.6)	(0.4-3.2)
	n	271	

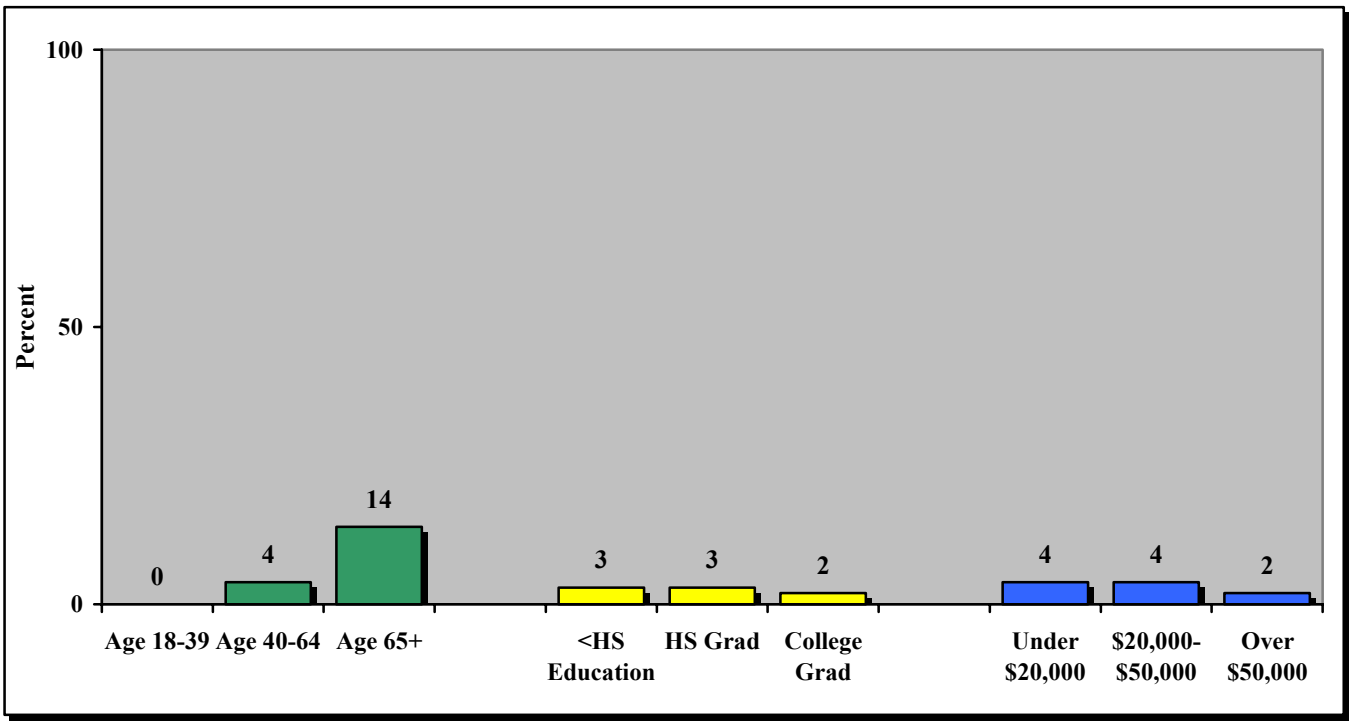
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Cardiovascular Disease Prevalence (continued)

Question: Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also known as a myocardial infarction?

Risk Factor Definition: Ever had a myocardial infarction

Figure 3: Percentage of respondents who reported that they had been told by a doctor, nurse, or other health professional that they had had a myocardial infarction, by age, education, and income



Cardiovascular Disease Prevalence (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

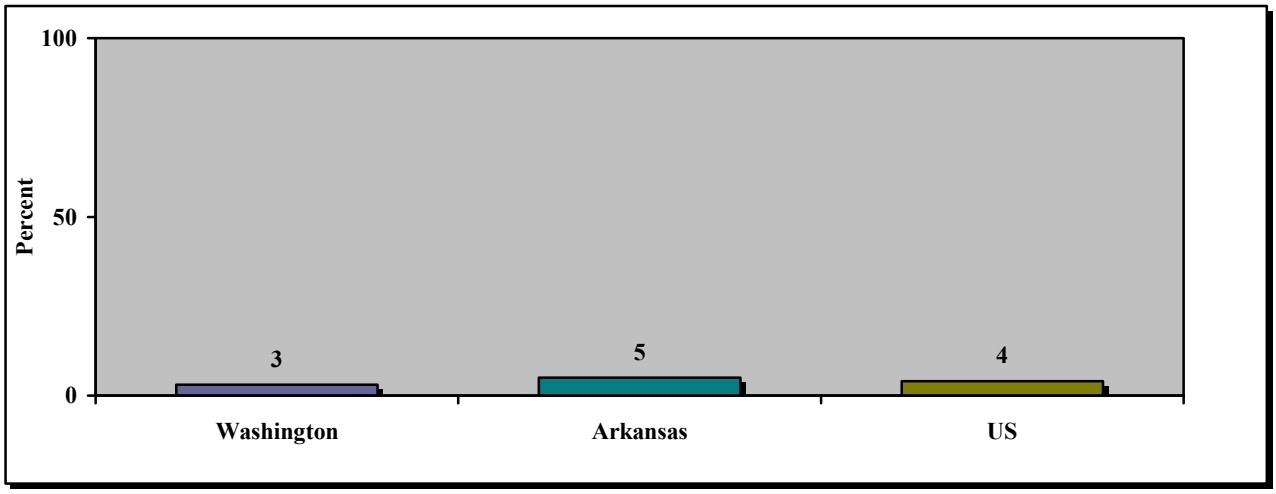
Comparing reported findings on: Myocardial infarction

Table 4: Myocardial infarction

		No myocardial infarction	Have had a myocardial infarction
Washington County	**%**	**97**	**3**
	CI	(95.8-98.0)	(2.0-4.2)
	n	793	
Arkansas	**%**	**95**	**5**
	CI	(94.3-95.5)	(4.5-5.7)
	n	5700	
US	**^%**	**96**	**4**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on myocardial infarction



Cardiovascular Disease Prevalence (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Myocardial infarction

Table 5: Myocardial infarction, by gender

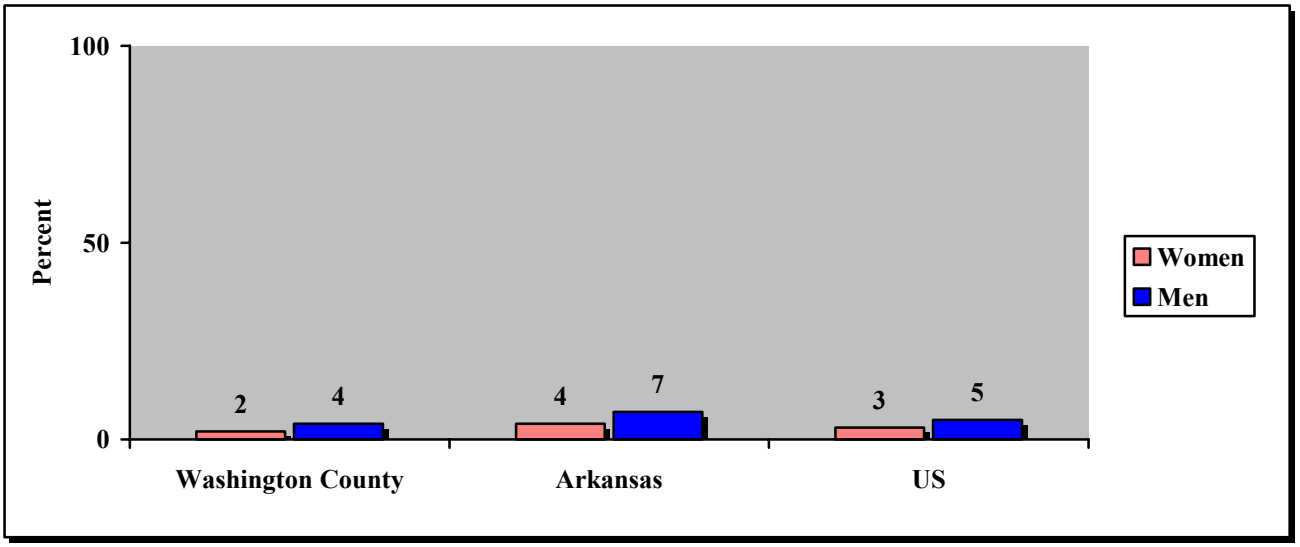
		No myocardial infarction	Have had a myocardial infarction
Washington County			
Female	**%**	**98**	**2**
	CI	(96.9-99.0)	(1.0-3.1)
	n	300	
Male	**%**	**96**	**4**
	CI	(93.9-97.7)	(2.3-6.1)
	n	493	
Arkansas			
Female	**%**	**96**	**4**
	CI	(95.7-96.9)	(3.1-4.3)
	n	3667	
Male	**%**	**93**	**7**
	CI	(92.3-94.3)	(5.7-7.7)
	n	2033	
US			
Female	**%**	**97**	**3**
	n	51	
Male	**%**	**95**	**5**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Cardiovascular Disease Prevalence (continued)

Comparing reported findings on: Myocardial infarction

Figure 5: Comparing reported findings on having had a myocardial infarction, by gender



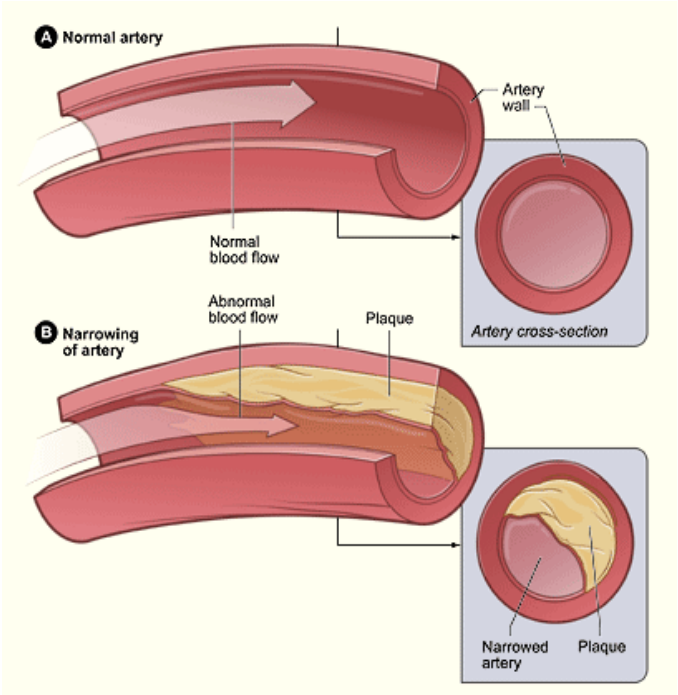
Cardiovascular Disease Prevalence (continued)

Angina or coronary heart disease

Angina is chest pain or discomfort that occurs when an area of your heart muscle doesn't get enough oxygen-rich blood. Angina may feel like pressure or squeezing in your chest. The pain also may occur in your shoulders, arms, neck, jaw, or back. It can feel like indigestion. Angina is a symptom of coronary artery disease (CAD), the most common type of heart disease. CAD occurs when a fatty material called plaque builds up on the inner walls of the coronary arteries.[4]

Risk Factor Definition: Ever had angina or coronary heart disease

Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?
At Risk:	Those who answered "yes" are considered at risk.



Who is at risk in Washington County?

- **Four percent (4%)** of adults in Washington County reported that they had been told by a doctor, nurse, or other health professional that they had angina or coronary heart disease.

[4] http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina_WhatIs.html

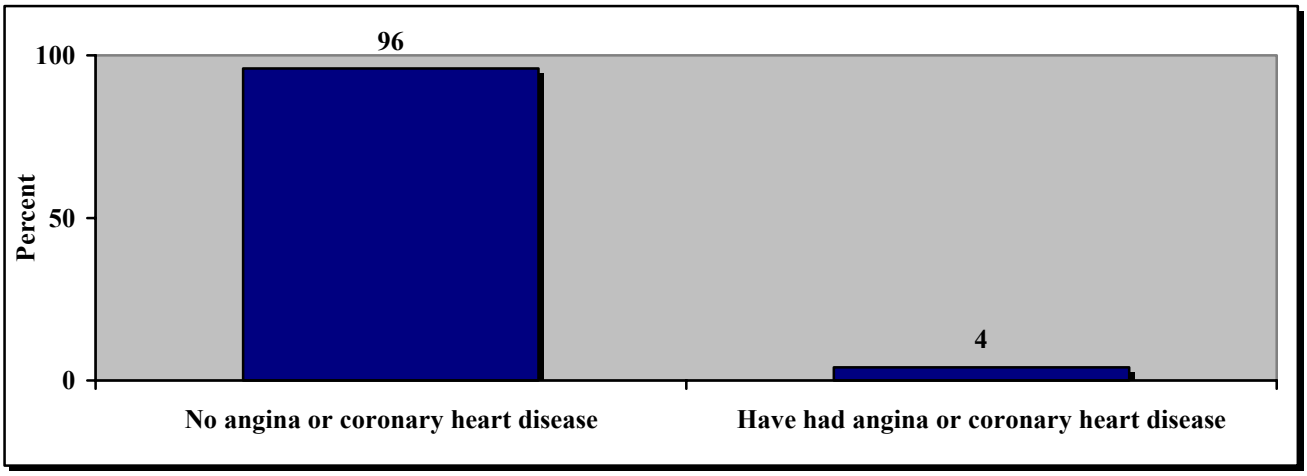
Cardiovascular Disease Prevalence (continued)

Table 6: Angina and coronary heart disease

	No angina or coronary heart disease	Have had angina or coronary heart disease
%	**96**	**4**
CI	(94.4-97.4)	(2.6-5.6)
n	792	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 6: Angina and coronary heart disease



Cardiovascular Disease Prevalence (continued)

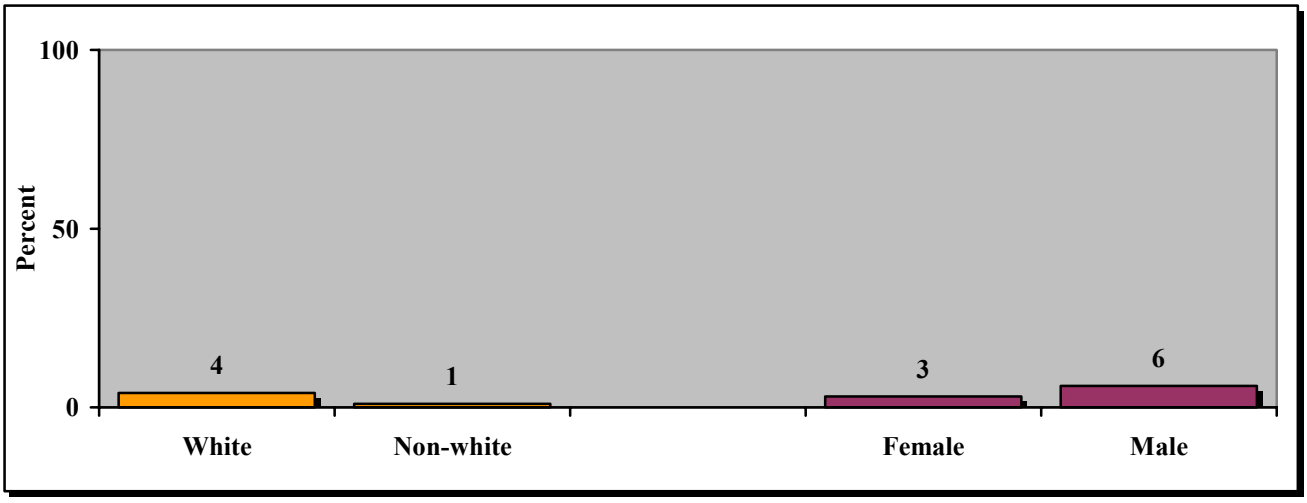
Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

Table 7: Angina or coronary heart disease, by race and gender

		No angina or coronary heart disease	Have had angina or coronary heart disease
Race			
White	**%**	**96**	**4**
	CI	(94.8-97.4)	(2.6-5.2)
	n	741	
Non-White	**%**	**99**	**1**
	CI	(96.3-100.0)	(0.0-3.7)
	n	49	
Gender			
Female	**%**	**97**	**3**
	CI	(96.2-98.7)	(1.3-3.8)
	n	492	
Male	%	**94**	**6**
	CI	(91.7-97.1)	(2.9-8.3)
	n	300	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Percentage of respondents who reported that they had been told by a doctor, nurse, or other health professional that they had angina or coronary heart disease, by race and gender



Cardiovascular Disease Prevalence (continued)

Table 8: Angina and coronary heart disease, by age, education, and income

		No angina or coronary heart disease	Have had angina or coronary heart disease
Age			
18-39	**%**	**99**	**1**
	CI	(97.2-100.0)	(0.0-2.8)
	n	178	
40-64	**%**	**94**	**6**
	CI	(91.9-96.9)	(3.1-8.1)
	n	374	
65+	**%**	**88**	**12**
	CI	(83.1-92.9)	(7.0-16.9)
	n	228	
Education			
< High School Education	**%**	**93**	**7**
	CI	(85.4-100.0)	(0.0-14.6)
	n	93	
High School Graduate	**%**	**97**	**3**
	CI	(95.0-98.2)	(1.8-5.0)
	n	415	
College Graduate	**%**	**96**	**4**
	CI	(93.7-98.2)	(1.8-6.3)
	n	277	
Income			
<$20,000	**%**	**93**	**7**
	CI	(88.4-97.2)	(2.8-11.6)
	n	127	
$20,000-$50,000	**%**	**94**	**6**
	CI	(90.3-97.6)	(2.4-9.7)
	n	287	
>$50,000	**%**	**98**	**2**
	CI	(96.3-99.4)	(0.6-3.7)
	n	271	

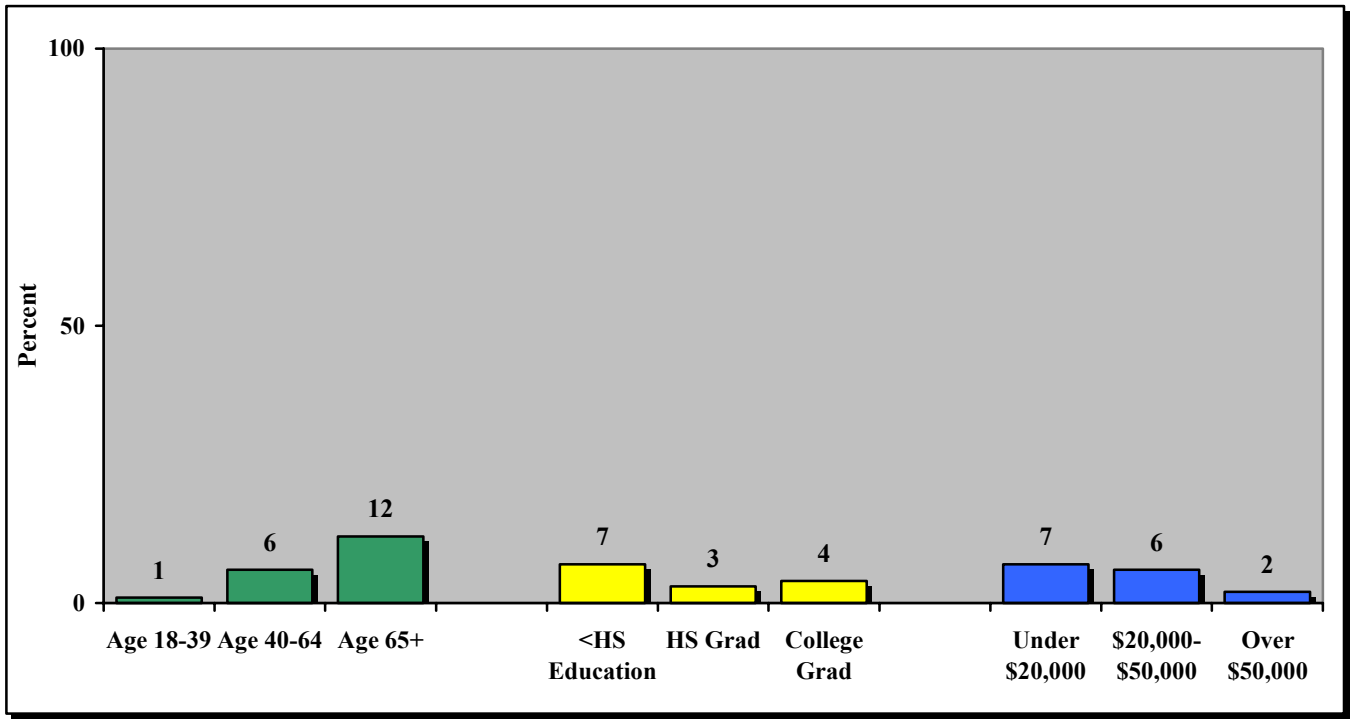
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Cardiovascular Disease Prevalence (continued)

Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

Risk Factor Definition: Ever had angina or coronary heart disease.

Figure 8: Percentage of respondents who reported that they had been told by a doctor, nurse, or other health professional that they had angina or coronary heart disease, by age, education, and income



Cardiovascular Disease Prevalence (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

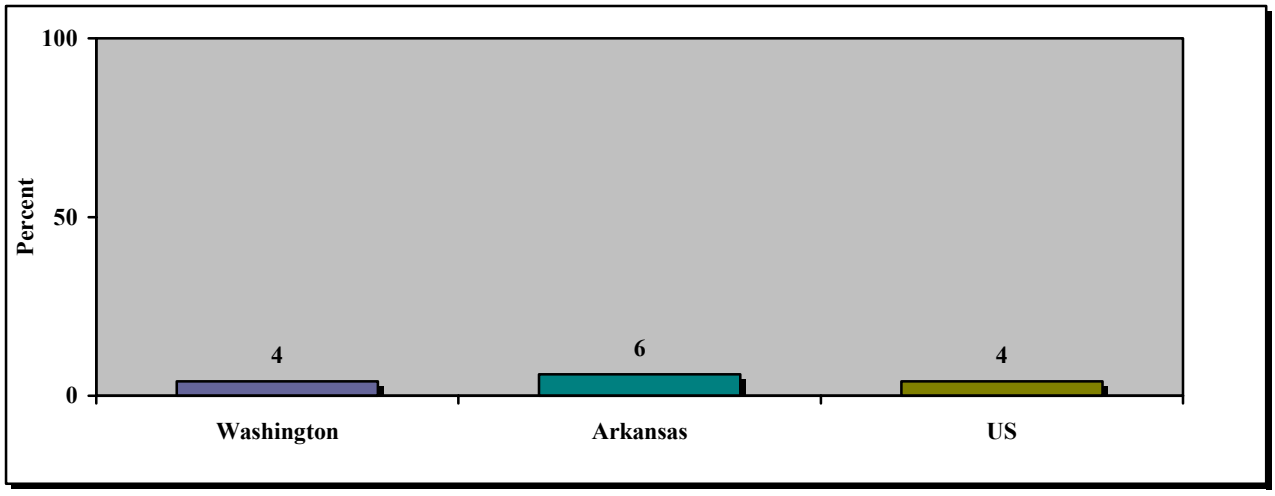
Comparing reported findings on: Angina or coronary heart disease

Table 9: Angina or coronary heart disease

		No angina or coronary heart disease	Have had angina or coronary heart disease
Washington County	**%**	**96**	**4**
	CI	(94.4-97.4)	(2.6-5.6)
	n	792	
Arkansas	**%**	**95**	**6**
	CI	(93.9-95.1)	(4.9-6.1)
	n	5652	
US	**^%**	**96**	**4**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 9: Comparing reported findings on myocardial infarction



Cardiovascular Disease Prevalence (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Angina or coronary heart disease

Table 10: Angina or coronary heart disease, by gender

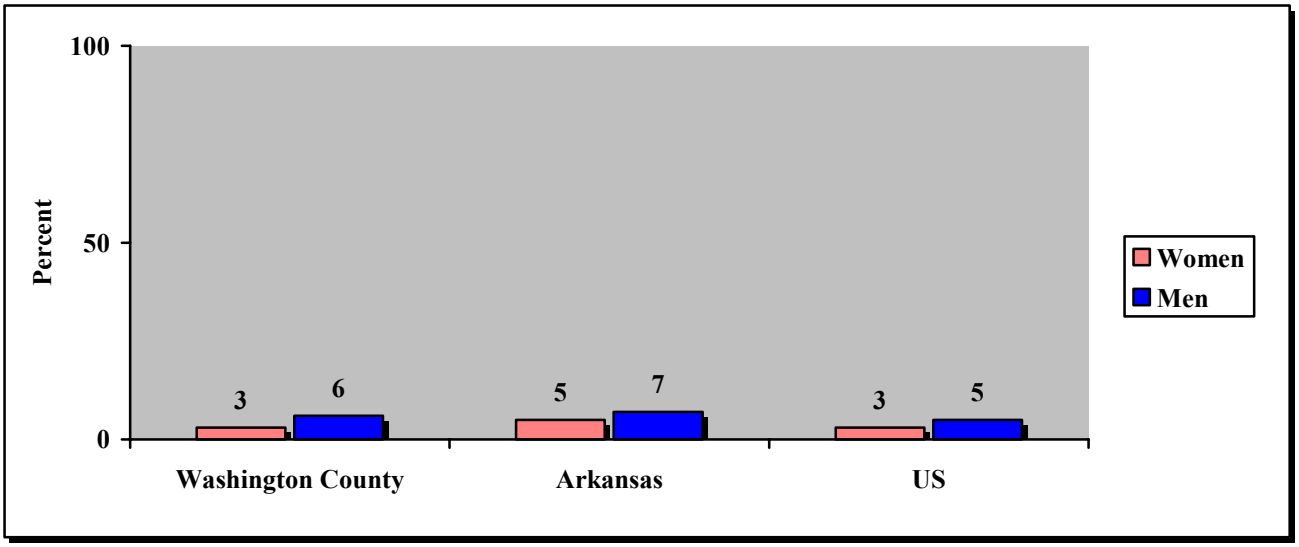
		No angina or coronary heart disease	Have had angina or coronary heart disease
Washington County			
Female	**%**	**97**	**3**
	CI	(96.2-98.7)	(1.3-3.8)
	n	492	
Male	**%**	**94**	**6**
	CI	(91.7-97.1)	(2.9-8.3)
	n	300	
Arkansas			
Female	**%**	**95**	**5**
	CI	(94.8-96.0)	(4.0-5.2)
	n	3643	
Male	**%**	**94**	**7**
	CI	(92.5-94.5)	(5.5-7.5)
	n	2009	
US			
Female	**%**	**97**	**3**
	n	51	
Male	**%**	**95**	**5**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Cardiovascular Disease Prevalence (continued)

Comparing reported findings on: Angina or coronary heart disease

Figure 10: Comparing reported findings on having had angina or coronary heart disease, by gender



Cardiovascular Disease Prevalence (continued)

Stroke

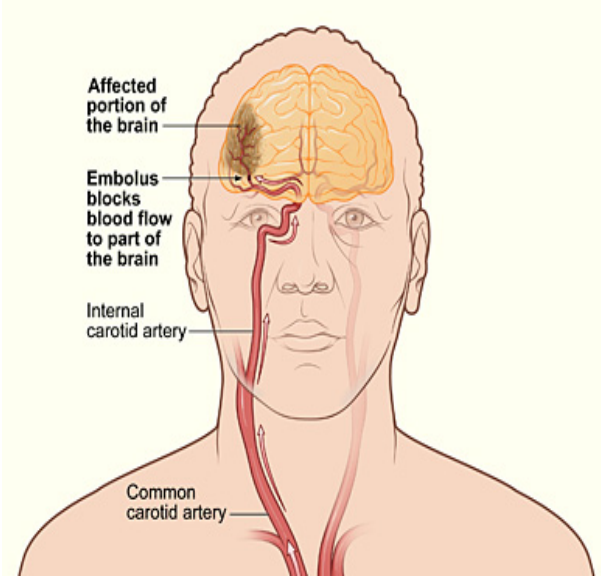
A stroke is when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function. There are two major kinds of stroke. The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain. About 20 percent of strokes are hemorrhagic.[5]

Know the symptoms[5]

Risk Factor Definition: Ever had a stroke

Question: Has a doctor, nurse, or other health professional ever told you that you had a stroke?

At Risk: Those who answered "yes" are considered at risk.



Source: NIH, 2007

Who is at risk in Washington County?

- **Two percent (2%)** of adults in Washington County reported that they had been told by a doctor, nurse, or other health professional that they had had a stroke.

[5] http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm#whatis

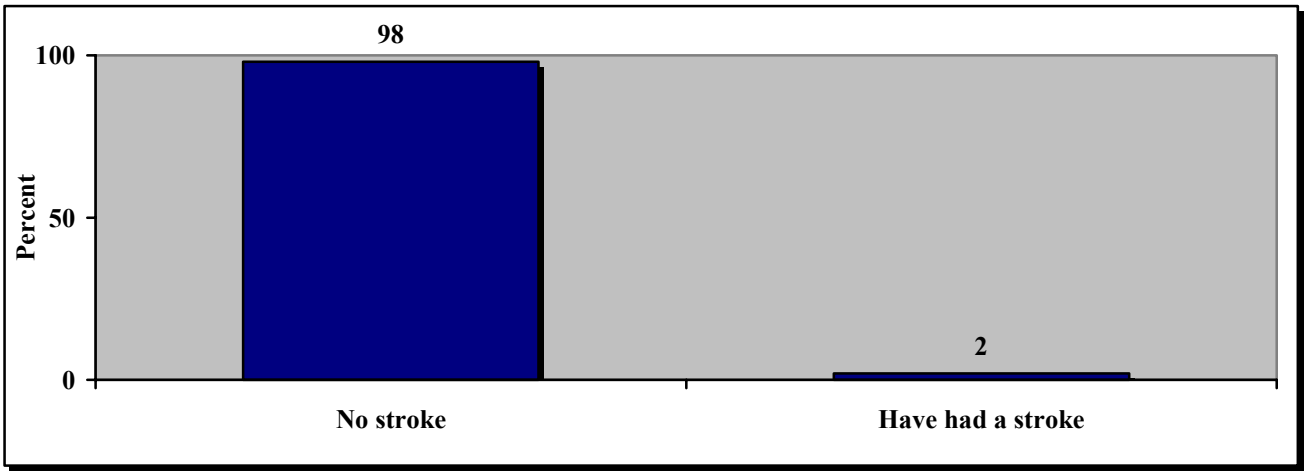
Cardiovascular Disease Prevalence (continued)

Table 11: Stroke

	No stroke	Have had a stroke
%	**98**	**2**
CI	(96.9-98.7)	(1.3-3.1)
n	796	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 11: Stroke



Cardiovascular Disease Prevalence (continued)

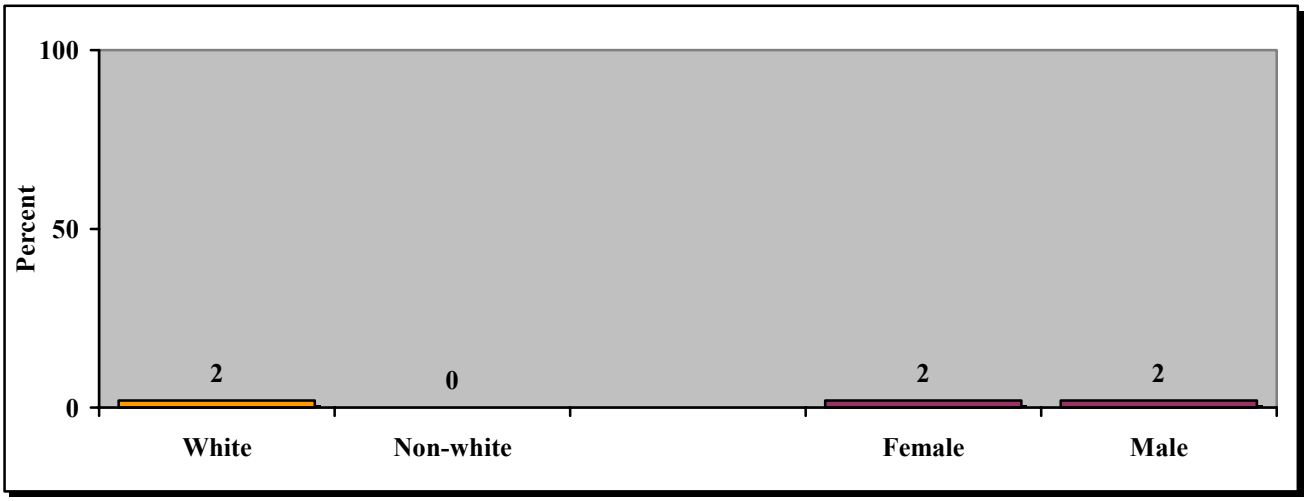
Question: Has a doctor, nurse, or other health professional ever told you that you had a stroke?

Table 12: Stroke, by race and gender

		No stroke	Have had a stroke
Race			
White	**%**	**98**	**2**
	CI	(96.6-98.6)	(1.4-3.4)
	n	744	
Non-White	**%**	**100**	**0**
	CI	(100.0-100.0)	-
	n	49	
Gender			
Female	**%**	**98**	**2**
	CI	(96.2-98.9)	(1.1-3.8)
	n	496	
Male	%	**98**	**2**
	CI	(96.9-99.3)	(0.7-3.1)
	n	300	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 12: Percentage of respondents who reported that they had been told by a doctor, nurse, or other health professional that they had had a stroke, by race and gender



Cardiovascular Disease Prevalence (continued)

Table 13: Stroke, by age, education, and income

		No stroke	Have had a stroke
Age			
18-39	**%**	**100**	**0**
	CI	(100.0-100.0)	-
	n	178	
40-64	**%**	**98**	**2**
	CI	(96.7-99.6)	(0.4-3.3)
	n	375	
65+	**%**	**89**	**11**
	CI	(83.5-93.7)	(6.2-16.5)
	n	230	
Education			
< High School Education	**%**	**96**	**4**
	CI	(93.4-99.6)	(0.4-6.6)
	n	95	
High School Graduate	**%**	**98**	**2**
	CI	(96.9-99.3)	(0.7-3.1)
	n	417	
College Graduate	**%**	**98**	**2**
	CI	(97.2-99.6)	(0.4-2.8)
	n	277	
Income			
<$20,000	**%**	**94**	**6**
	CI	(90.2-98.4)	(1.6-9.8)
	n	128	
$20,000-$50,000	**%**	**98**	**2**
	CI	(96.9-99.7)	(0.3-3.1)
	n	289	
>$50,000	**%**	**99**	**1**
	CI	(97.5-99.9)	(0.1-2.4)
	n	271	

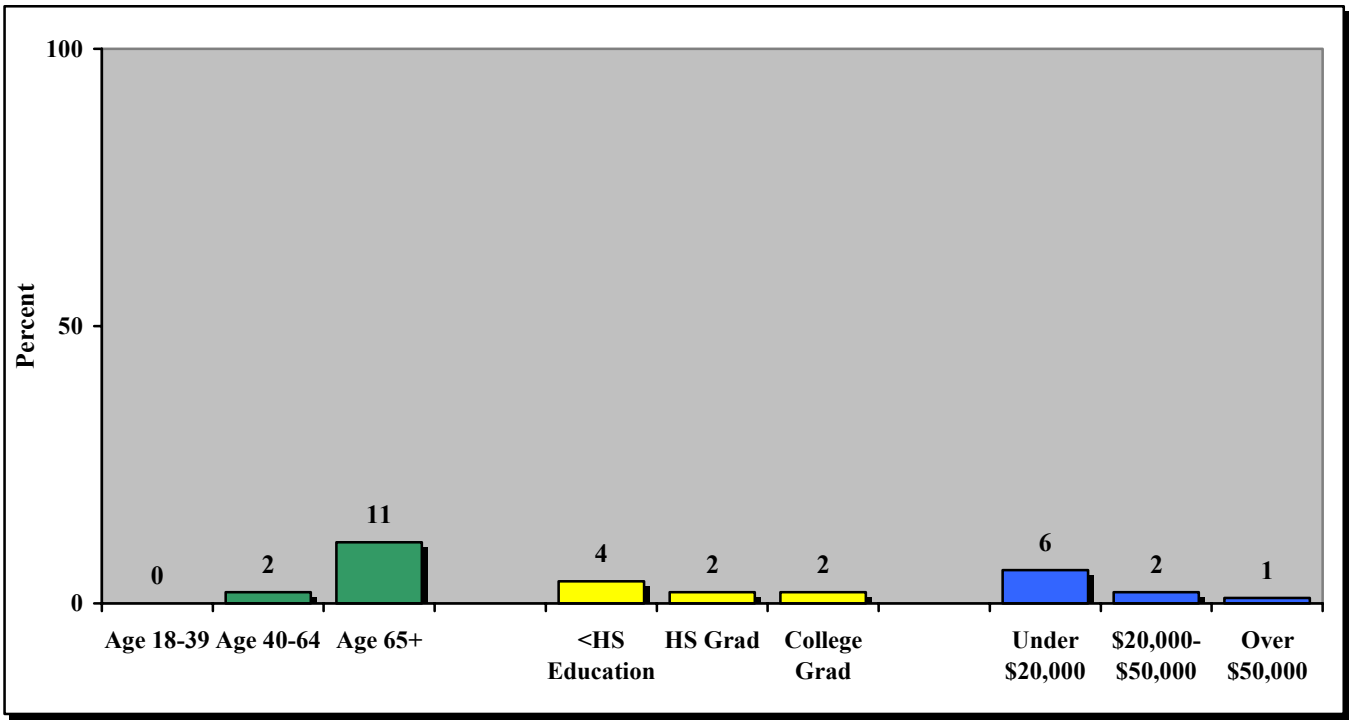
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Cardiovascular Disease Prevalence (continued)

Question: Has a doctor, nurse, or other health professional ever told you that you had a stroke?

Risk Factor Definition: Ever had a stroke

Figure 13: Percentage of respondents who reported that they had been told by a doctor, nurse, or other health professional that they had had a stroke, by age, education, and income



Cardiovascular Disease Prevalence (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared 2007 state and nationwide BRFSS data.

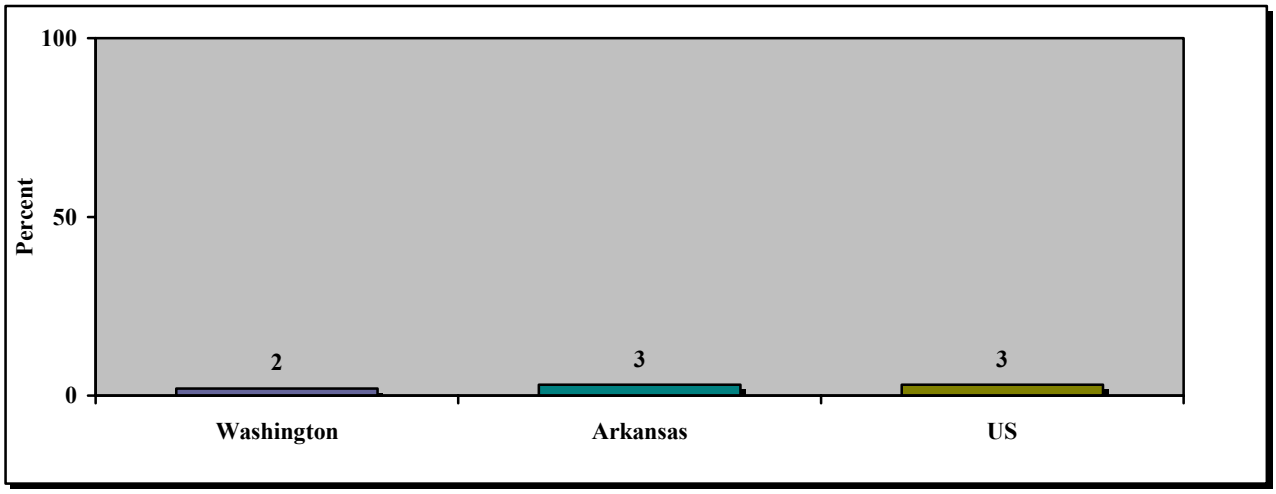
Comparing reported findings on: Stroke

Table 14: Stroke

		No stroke	Have had a stroke
Washington County	**%**	**98**	**2**
	CI	(96.9-98.7)	(1.3-3.1)
	n	496	
Arkansas	**%**	**97**	**3**
	CI	(96.5-97.3)	(2.7-3.5)
	n	5708	
US	**^%**	**97**	**3**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 14: Comparing reported findings on stroke



Cardiovascular Disease Prevalence (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Stroke

Table 15: Angina or coronary heart disease, by gender

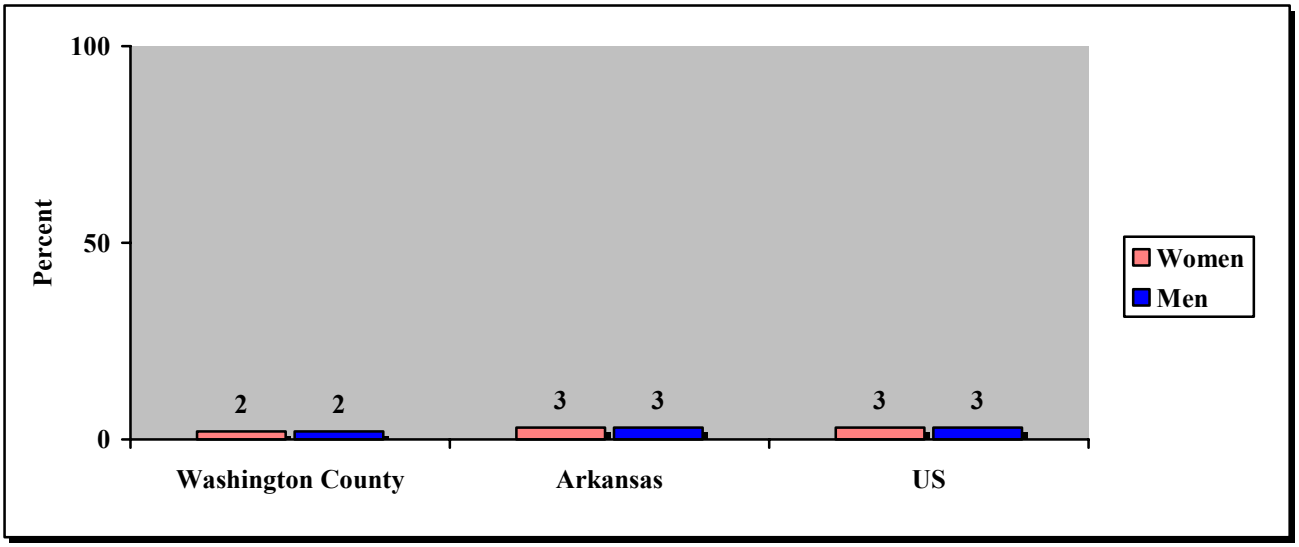
		No stroke	Have had a stroke
Washington County			
Female	**%**	**98**	**2**
	CI	(96.2-98.9)	(1.1-3.8)
	n	492	
Male	**%**	**98**	**2**
	CI	(96.9-99.3)	(0.7-3.1)
	n	300	
Arkansas			
Female	**%**	**97**	**3**
	CI	(96.1-97.3)	(2.7-3.9)
	n	3669	
Male	**%**	**97**	**3**
	CI	(96.3-97.9)	(2.1-3.7)
	n	2039	
US			
Female	**%**	**97**	**3**
	n	51	
Male	**%**	**97**	**3**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Cardiovascular Disease Prevalence (continued)

Comparing reported findings on: Stroke

Figure 15: Comparing reported findings on having had a stroke, by gender



Asthma

Asthma is a chronic inflammatory disease of the airways that is characterized by wheezing, breathlessness, chest tightness, and coughing. Asthma is a serious and growing health problem. Severe asthma attacks often result in hospitalizations or emergency department visits.

Risk Factor Definition: Ever had asthma

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

At Risk: Those who said "yes" are considered at risk.

Who is at risk in Washington County?

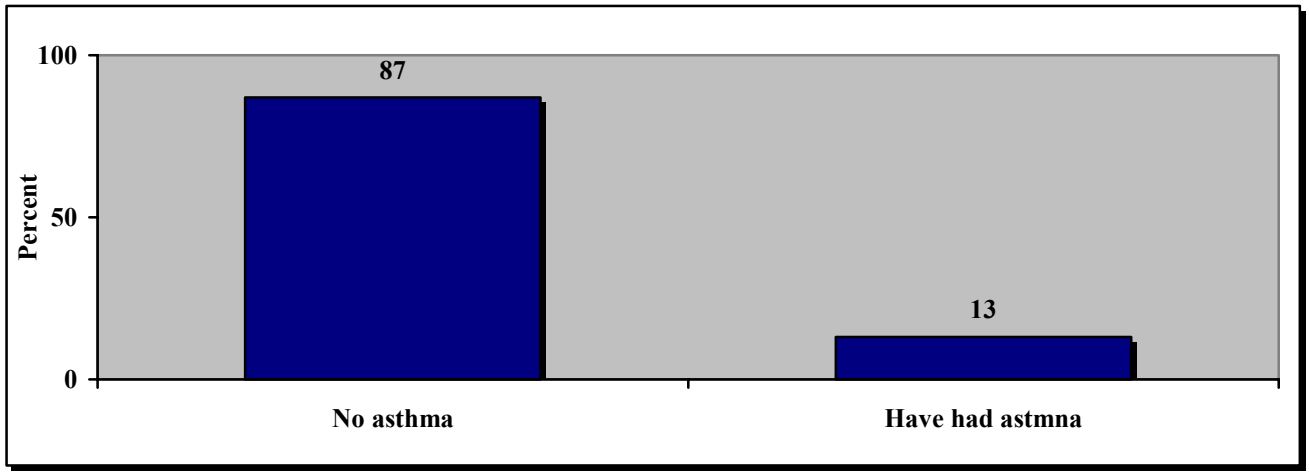
- **Thirteen percent (13%)** of adults in reported an asthma diagnosis by a doctor, nurse or other health professional.

Table 1: Asthma

	No asthma	Ever had asthma
%	**87**	**13**
CI	(84.2-90.5)	(9.5-15.8)
n	800	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Asthma



Asthma (continued)

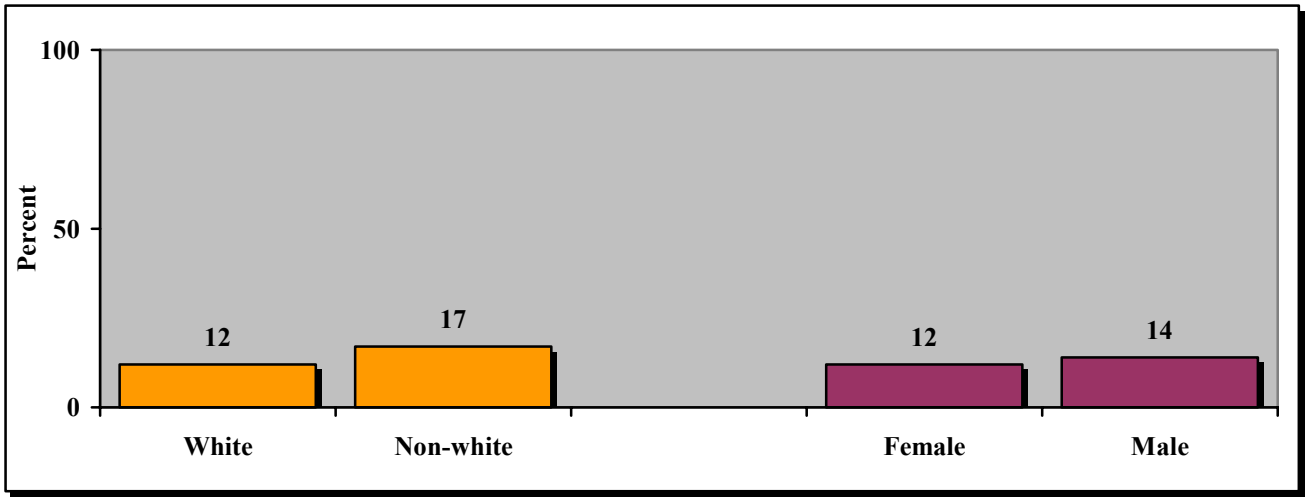
Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Table 2: Asthma, by race and gender

		No asthma	Ever had asthma
Race			
White	**%**	**88**	**12**
	CI	(84.5-90.8)	(9.2-15.5)
	n	745	
Non-White	**%**	**83**	**17**
	CI	(68.2-98.0)	(2.0-31.8)
	n	49	
Gender			
Female	**%**	**88**	**12**
	CI	(84.7-92.0)	(8.0-15.3)
	n	499	
Male	%	**86**	**14**
	CI	(81.3-91.4)	(8.6-18.7)
	n	301	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported an asthma diagnosis by a doctor, nurse or other health professional, by race and gender



Asthma (continued)

Table 3: Asthma by age, education, and income

		No asthma	Ever had asthma
Age			
18-39	**%**	**87**	**13**
	CI	(81.8-92.8)	(7.2-18.2)
	n	179	
40-64	**%**	**87**	**13**
	CI	(83.1-90.8)	(9.2-16.9)
	n	375	
65+	**%**	**90**	**10**
	CI	(85.4-93.7)	(6.3-14.6)
	n	231	
Education			
< High School Education	**%**	**89**	**11**
	CI	(82.1-96.4)	(3.6-17.9)
	n	95	
High School Graduate	**%**	**87**	**13**
	CI	(82.4-91.7)	(8.3-17.6)
	n	417	
College Graduate	**%**	**87**	**13**
	CI	(82.0-91.7)	(8.3-18.0)
	n	278	
Income			
<$20,000	**%**	**79**	**21**
	CI	(67.2-90.1)	(10.0-32.8)
	n	128	
$20,000-$50,000	**%**	**88**	**12**
	CI	(82.6-93.1)	(6.9-17.4)
	n	289	
>$50,000	**%**	**87**	**13**
	CI	(82.1-91.8)	(8.2-17.9)
	n	272	

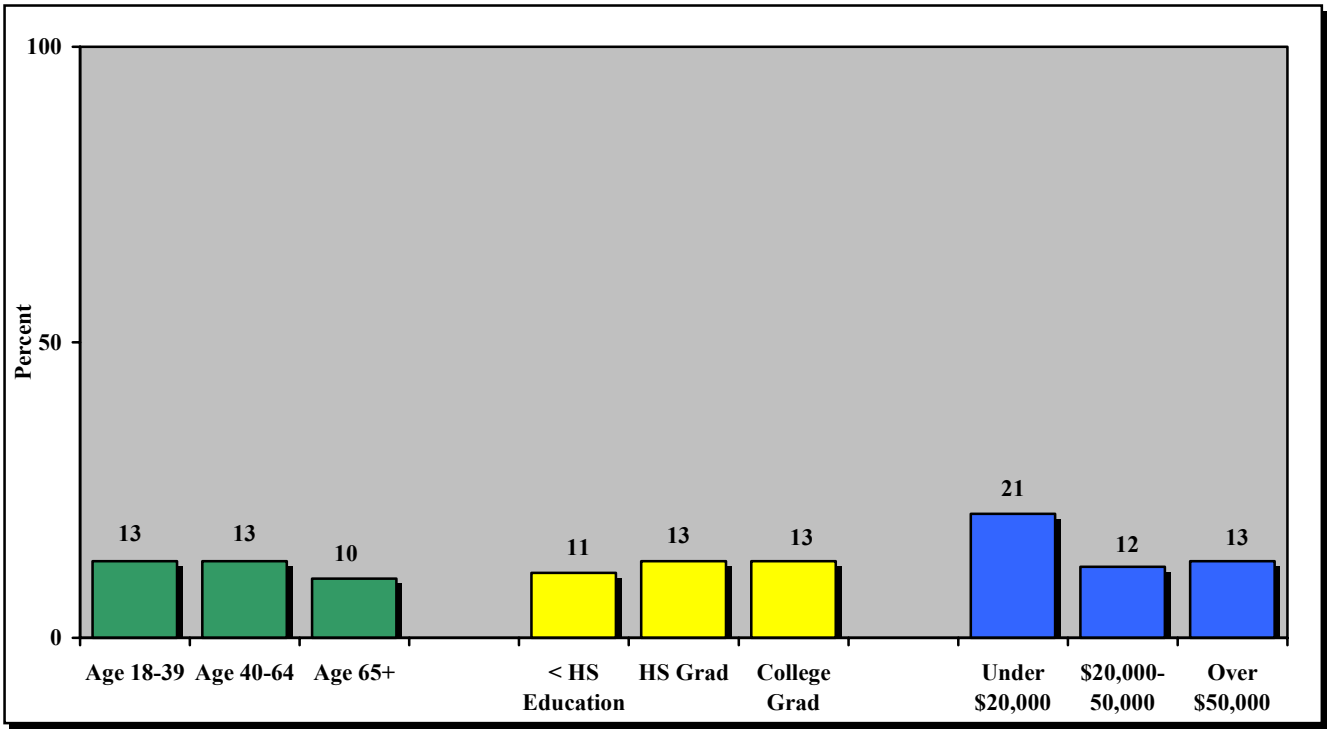
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Asthma (continued)

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Risk Factor Definition: Ever had asthma

Figure 3: Percentage of respondents who reported an asthma diagnosis by a doctor, nurse or other health professional, by age, education, and income



Asthma (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

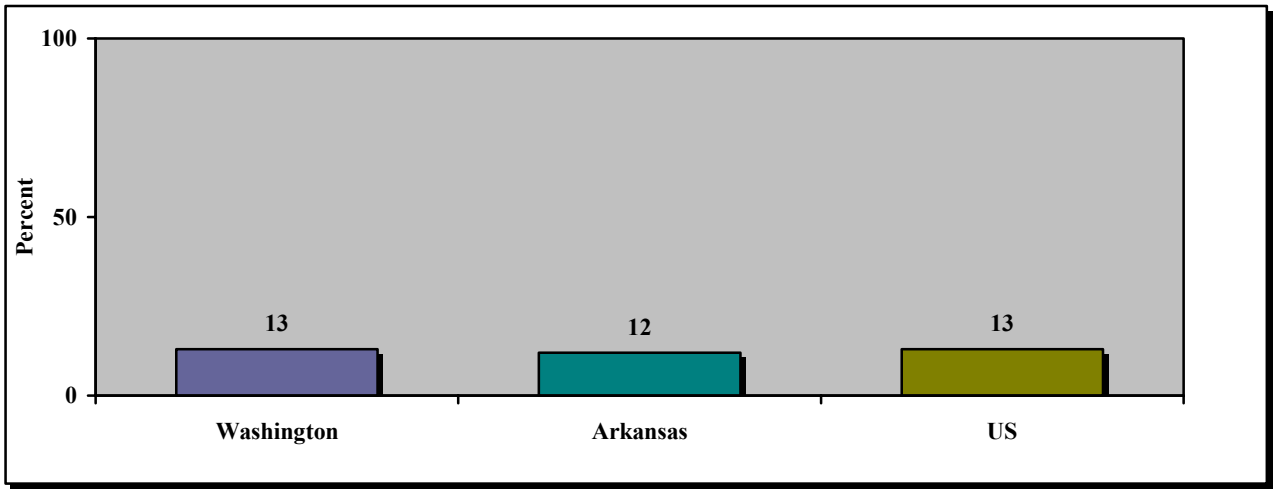
Comparing reported findings on: Asthma

Table 4: Asthma

		No asthma	Ever had asthma
Washington County	**%**	**87**	**13**
	CI	(84.2-90.5)	(9.5-15.8)
	n	800	
Arkansas	**%**	**88**	**12**
	CI	(87.1-89.5)	(10.5-12.9)
	n	5718	
US	**^%**	**87**	**13**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on asthma



Asthma (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Asthma

Table 5: Asthma, by gender

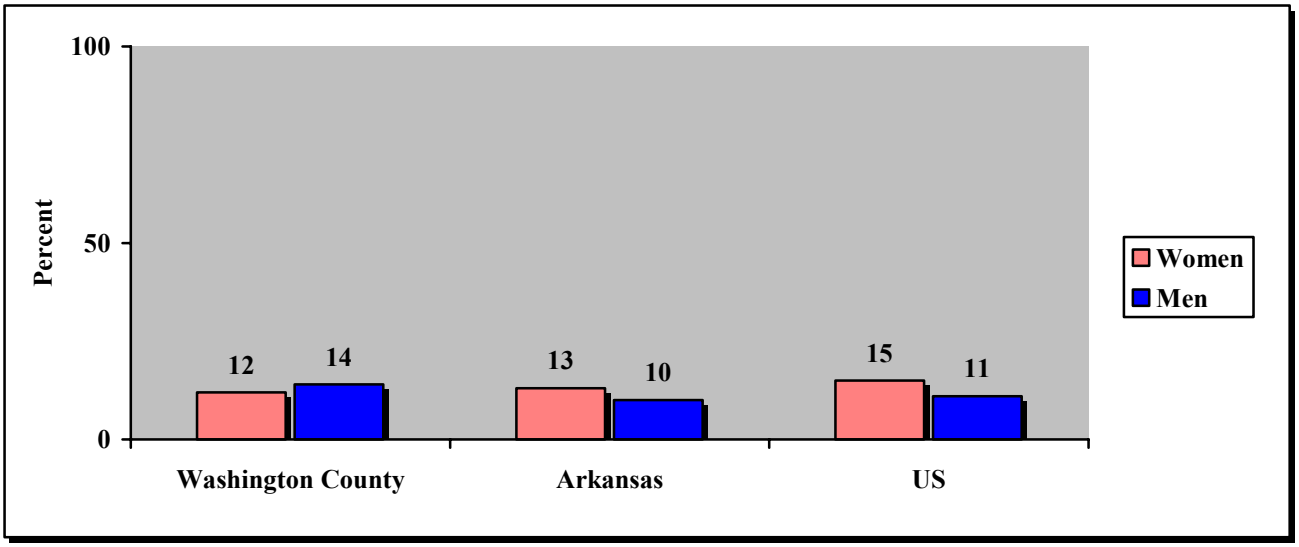
		No asthma	Ever had asthma
Washington County			
Female	**%**	**88**	**12**
	CI	(84.7-92.0)	(8.0-15.3)
	n	499	
Male	**%**	**86**	**14**
	CI	(81.3-91.4)	(8.6-18.7)
	n	301	
Arkansas			
Female	**%**	**87**	**13**
	CI	(85.1-88.3)	(11.7-14.9)
	n	3679	
Male	**%**	**90**	**10**
	CI	(88.2-91.8)	(8.2-11.8)
	n		
US			
Female	**%**	**85**	**15**
	n	51	
Male	**%**	**89**	**11**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Asthma (continued)

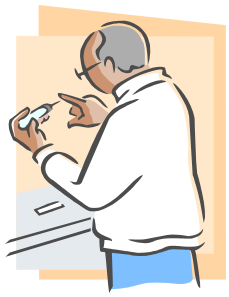
Comparing reported findings on: Asthma

Figure 5: Comparing reported findings on having had asthma, by gender



Diabetes

Diabetes is a disease in which blood glucose levels are above normal. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputation.



Risk Factor Definition: Have diabetes

Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Washington County?

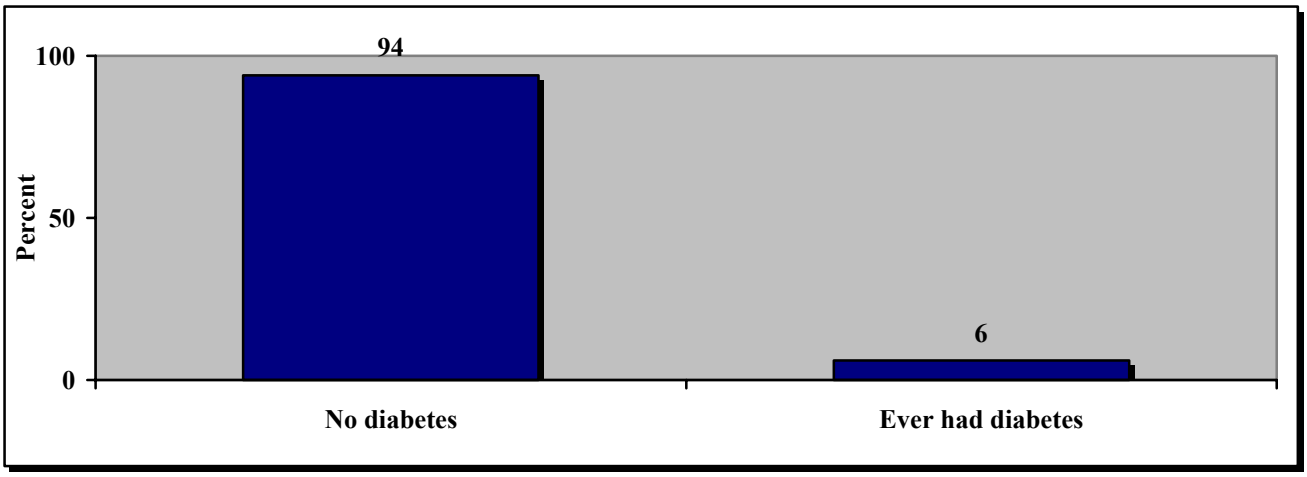
- **Six percent (6%)** of Washington County adults reported a diabetes diagnosis by a doctor.

Table 1: Diabetes

	No diabetes	Ever had diabetes
%	**94**	**6**
CI	(92.9-96.0)	(4.0-7.1)
n	800	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Diabetes



Diabetes (continued)

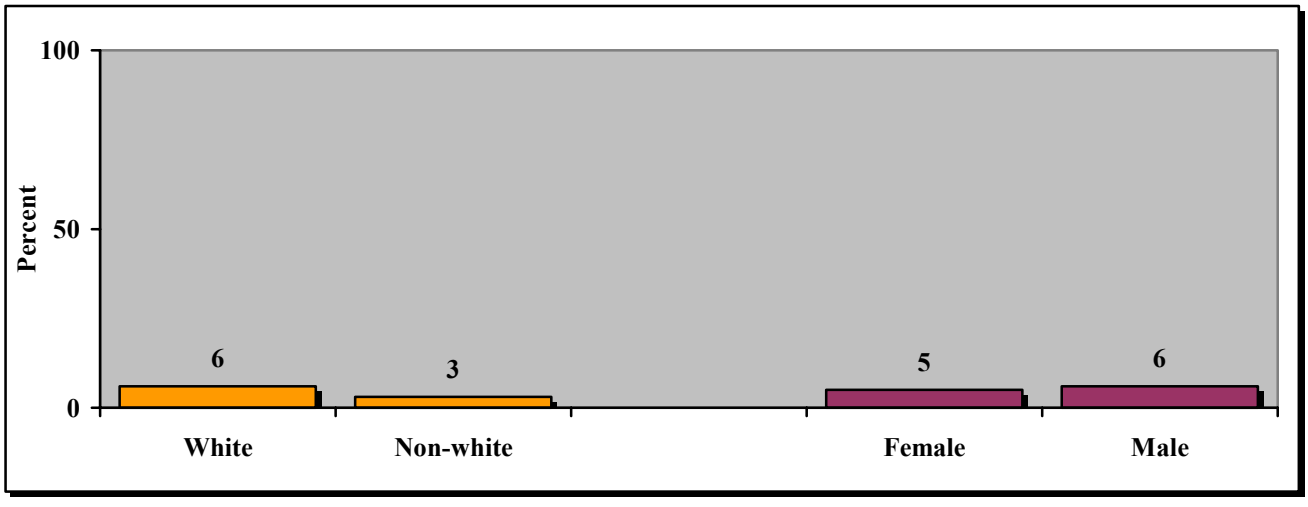
Question: Have you ever been told by a doctor that you have diabetes?

Table 2: Diabetes, by race and gender

		No diabetes	Ever had diabetes
Race			
White	**%**	**94**	**6**
	CI	(92.4-95.8)	(4.2-7.6)
	n	745	
Non-White	**%**	**97**	**3**
	CI	(93.2-100.0)	(0.0-6.8)
	n	49	
Gender			
Female	**%**	**95**	**5**
	CI	(92.6-96.6)	(3.5-7.4)
	n	499	
Male	%	**94**	**6**
	CI	(91.8-96.7)	(3.3-8.2)
	n	301	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported a diabetes diagnosis by a doctor, by race and gender



Diabetes (continued)

Table 3: Diabetes by age, education, and income

		No diabetes	Ever had diabetes
Age			
18-39	**%**	**99**	**1**
	CI	(98.3-100.0)	(0.0-1.7)
	n	179	
40-64	**%**	**92**	**8**
	CI	(89.4-95.5)	(4.5-10.6)
	n	375	
65+	**%**	**81**	**19**
	CI	(75.6-87.3)	(12.7-24.4)
	n	231	
Education			
< High School Education	**%**	**90**	**10**
	CI	(83.2-96.3)	(3.7-16.8)
	n	95	
High School Graduate	**%**	**95**	**5**
	CI	(92.7-96.7)	(3.3-7.3)
	n	417	
College Graduate	**%**	**96**	**4**
	CI	(93.6-98.3)	(1.7-6.4)
	n	278	
Income			
<$20,000	**%**	**90**	**10**
	CI	(83.5-95.6)	(4.4-16.5)
	n	128	
$20,000-$50,000	**%**	**94**	**6**
	CI	(91.2-96.3)	(3.7-8.8)
	n	289	
>$50,000	**%**	**97**	**3**
	CI	(94.8-98.8)	(1.2-5.2)
	n	272	

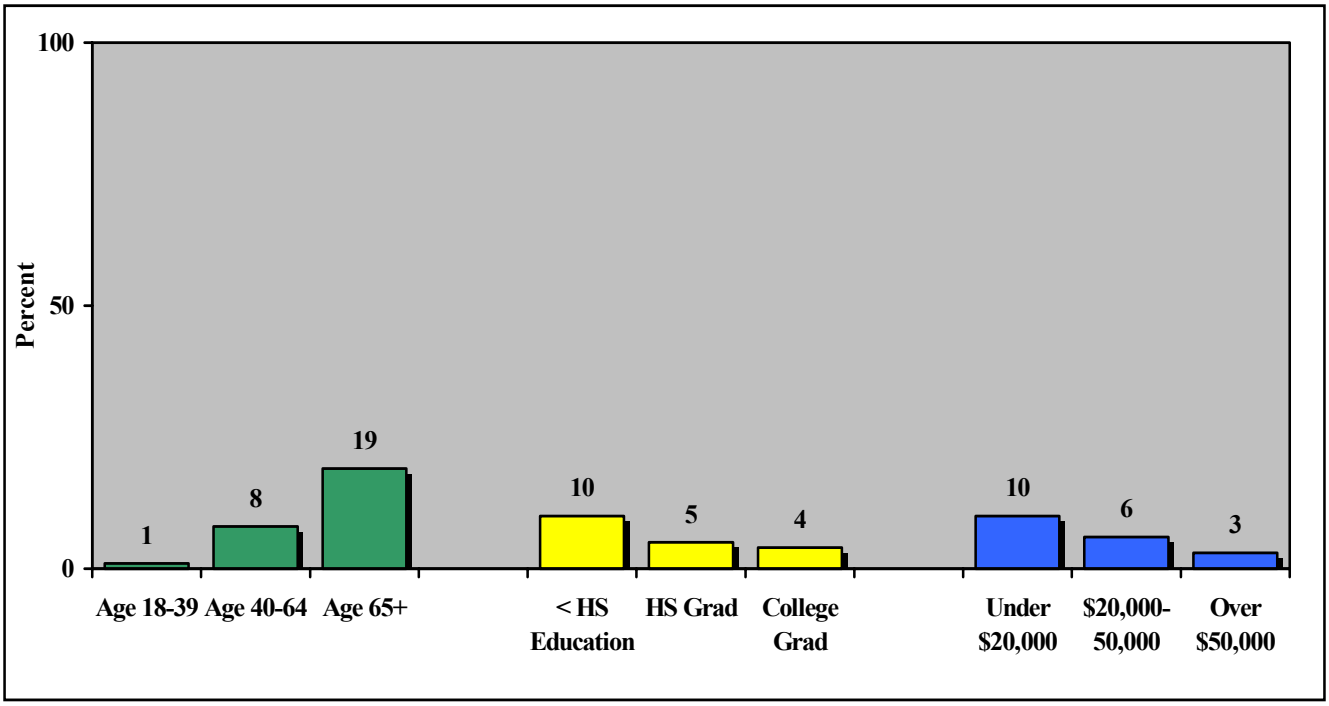
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Diabetes (continued)

Question: Have you ever been told by a doctor that you have diabetes?

Risk Factor Definition: Ever had diabetes

Figure 3: Percentage of respondents who reported a diabetes diagnosis by a doctor, by age, education, and income



Arthritis

Arthritis is the leading cause of disability in the nation. Arthritis limits everyday activities and adversely affects physical and mental health. The term arthritis encompasses over 100 different conditions affecting the joints and muscles.

Diagnosed with Arthritis

Risk Factor Definition: Ever had arthritis

Question: Have you ever been told by a doctor that you have arthritis?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Washington County?

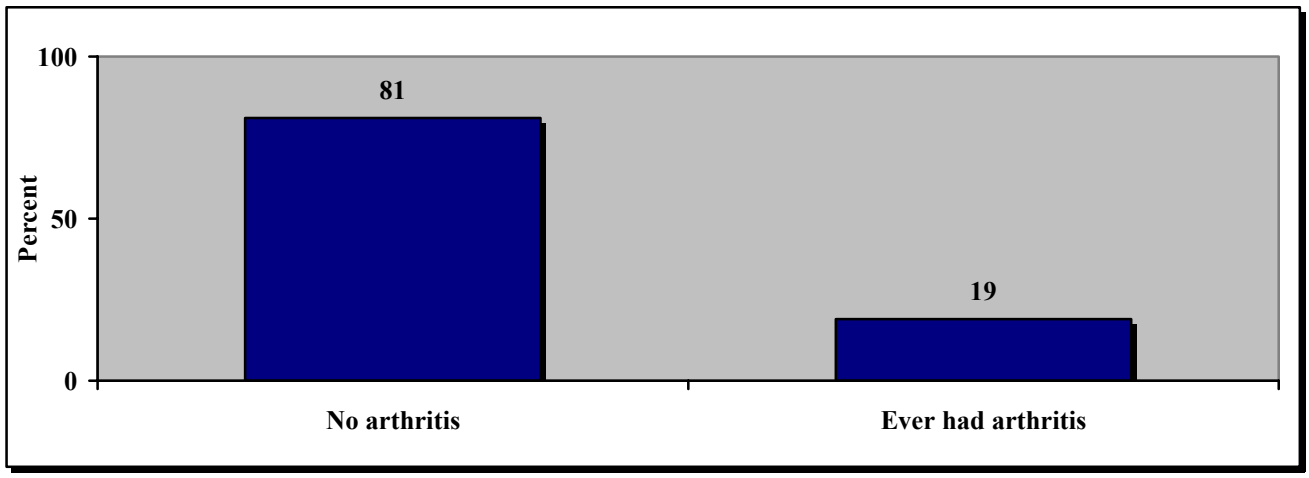
- **Nineteen percent (19%)** of Washington County adults reported an arthritis diagnosis by a doctor.

Table 1: Arthritis

	No arthritis	Ever had arthritis
%	**81**	**19**
CI	(77.8-84.1)	(15.9-22.2)
n	798	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Arthritis



Arthritis (continued)

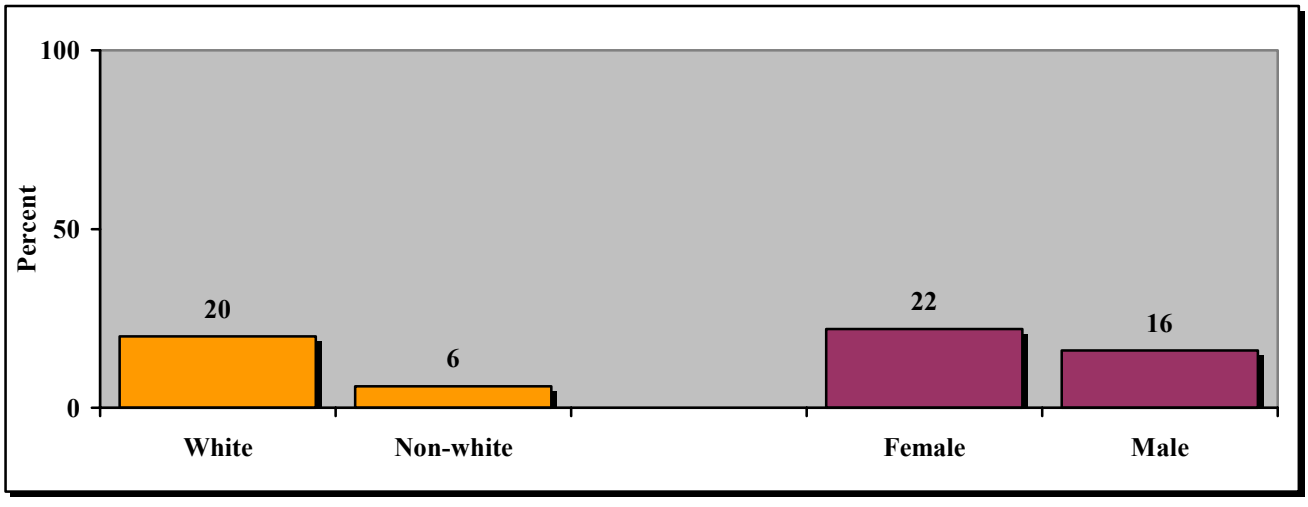
Question: Have you ever been told by a doctor that you have arthritis?

Table 2: Arthritis, by race and gender

		No arthritis	Ever had arthritis
Race			
White	**%**	**80**	**20**
	CI	(76.3-83.1)	(416.9-23.7)
	n	744	
Non-White	**%**	**94**	**6**
	CI	(88.3-99.6)	(0.4-11.7)
	n	48	
Gender			
Female	**%**	**78**	**22**
	CI	(72.9-82.2)	(17.8-27.1)
	n	498	
Male	%	**84**	**16**
	CI	(80.1-88.6)	(11.4-19.9)
	n	300	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported an arthritis diagnosis by a doctor, by race and gender



Arthritis (continued)

Table 3: Arthritis by age, education, and income

		No arthritis	Ever had arthritis
Age			
18-39	**%**	**94**	**6**
	CI	(91.0-97.7)	(2.3-9.0)
	n	179	
40-64	**%**	**75**	**25**
	CI	(69.8-79.6)	(20.4-30.2)
	n	374	
65+	**%**	**49**	**51**
	CI	(41.5-55.8)	(44.2-58.5)
	n	231	
Education			
< High School Education	**%**	**75**	**25**
	CI	(63.2-85.9)	(14.1-36.8)
	n	95	
High School Graduate	**%**	**82**	**18**
	CI	(78.1-86.4)	(13.6-21.9)
	n	417	
College Graduate	**%**	**82**	**18**
	CI	(77.1-86.8)	(13.2-22.9)
	n	276	
Income			
<$20,000	**%**	**70**	**30**
	CI	(59.8-80.0)	(20.0-40.2)
	n	128	
$20,000-$50,000	**%**	**78**	**22**
	CI	(72.3-83.4)	(16.6-27.7)
	n	288	
>$50,000	**%**	**86**	**14**
	CI	(82.0-90.5)	(9.5-18.0)
	n	272	

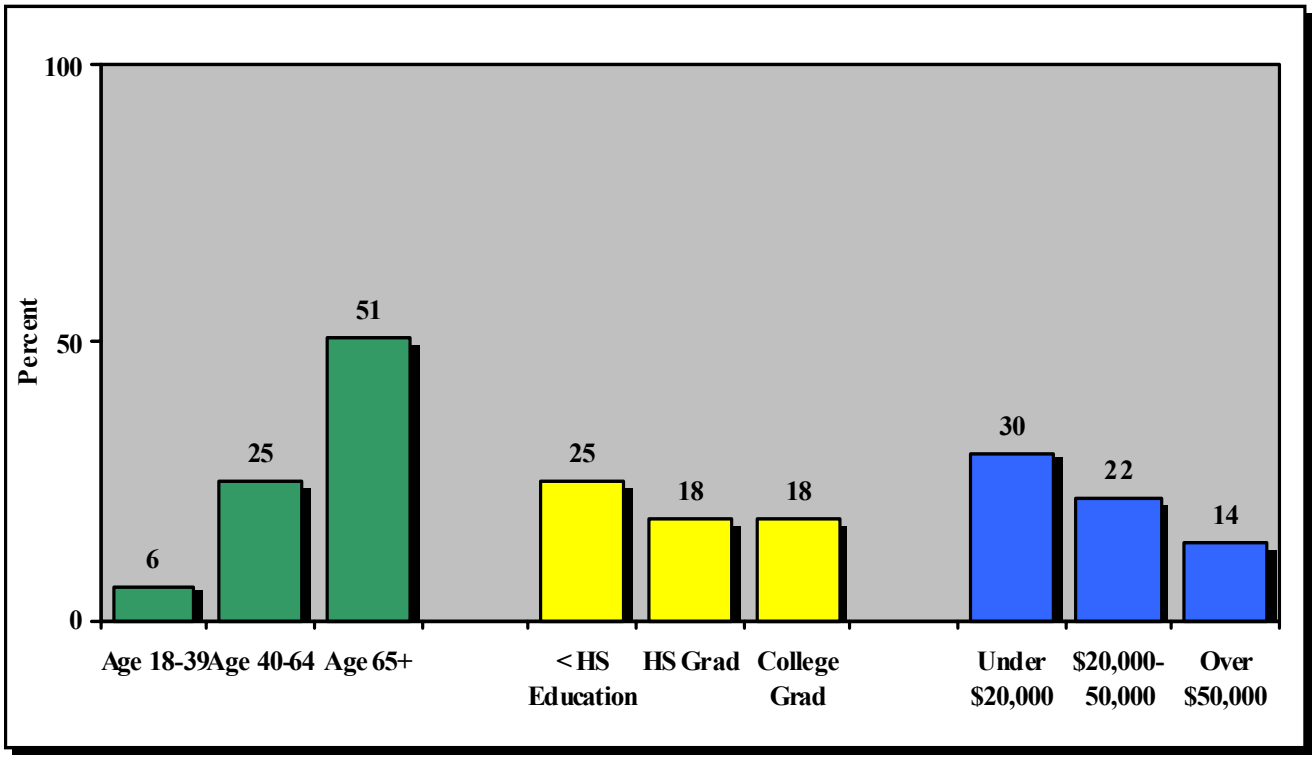
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Arthritis (continued)

Question: Have you ever been told by a doctor that you have arthritis?

Risk Factor Definition: Ever had arthritis

Figure 3: Percentage of respondents who reported an arthritis diagnosis by a doctor, by age, education, and income



Arthritis (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared 2007 state and nationwide BRFSS data.

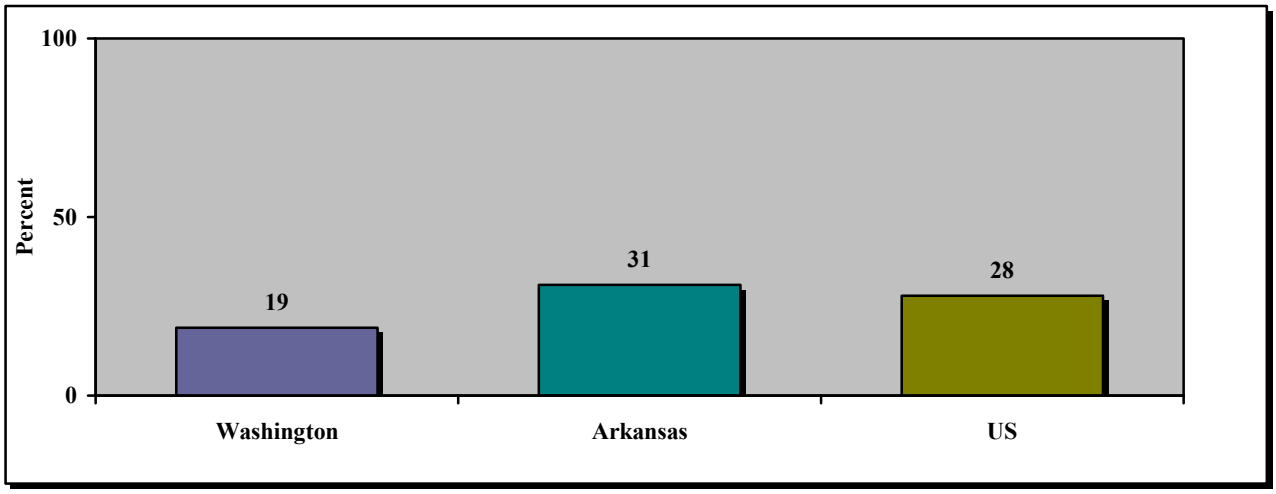
Comparing reported findings on: Arthritis

Table 4: Arthritis

		No arthritis	Ever had arthritis
Washington County	**%**	**81**	**19**
	CI	(77.8-84.1)	(15.9-22.2)
	n	798	
Arkansas	**%**	**69**	**31**
	CI	(67.9-70.7)	(29.3-32.1)
	n	5618	
US	**^%**	**73**	**28**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on arthritis



Arthritis (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Arthritis

Table 5: Arthritis, by gender

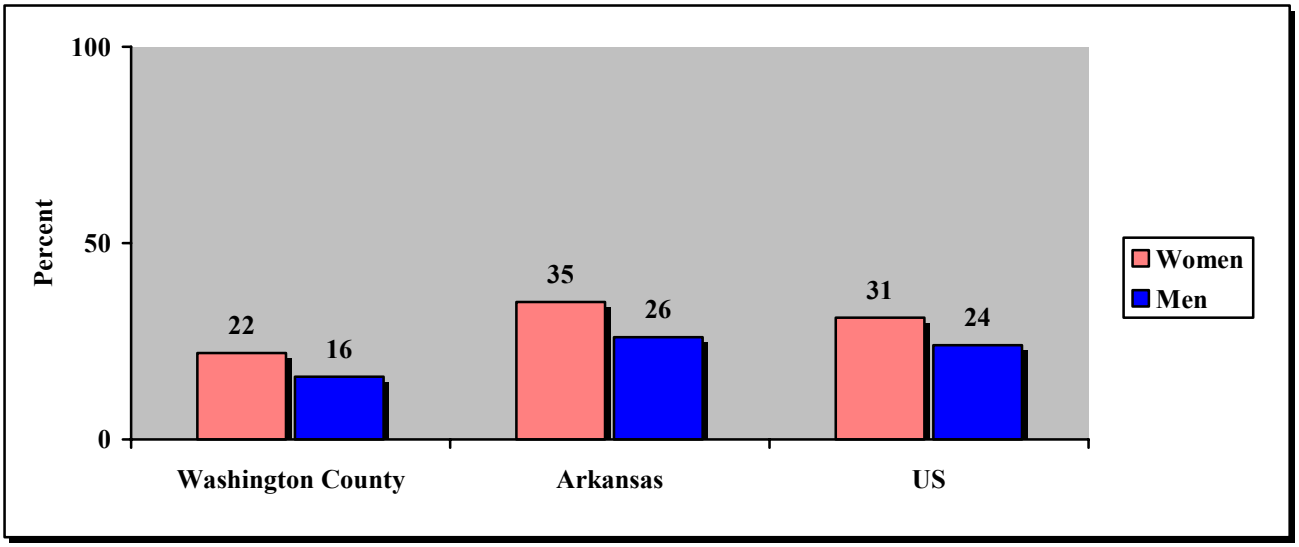
		No arthritis	Ever had arthritis
Washington County			
Female	**%**	**78**	**22**
	CI	(72.9-82.2)	(17.8-27.1)
	n	498	
Male	**%**	**84**	**16**
	CI	(80.1-88.6)	(11.4-19.9)
	n	300	
Arkansas			
Female	**%**	**65**	**35**
	CI	(62.8-66.4)	(33.6-37.2)
	n	3613	
Male	**%**	**74**	**26**
	CI	(72.1-76.5)	(23.5-27.9)
	n	2005	
US			
Female	**%**	**69**	**31**
	n	51	
Male	**%**	**77**	**24**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Arthritis (continued)

Comparing reported findings on: Arthritis

Figure 5: Comparing reported findings on having had arthritis, by gender



Activity Limitations

Risk Factor Definition: Have activity limitations due to joint symptoms

Question: Are you now limited in any way in any activities because of joint symptoms?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Washington County?

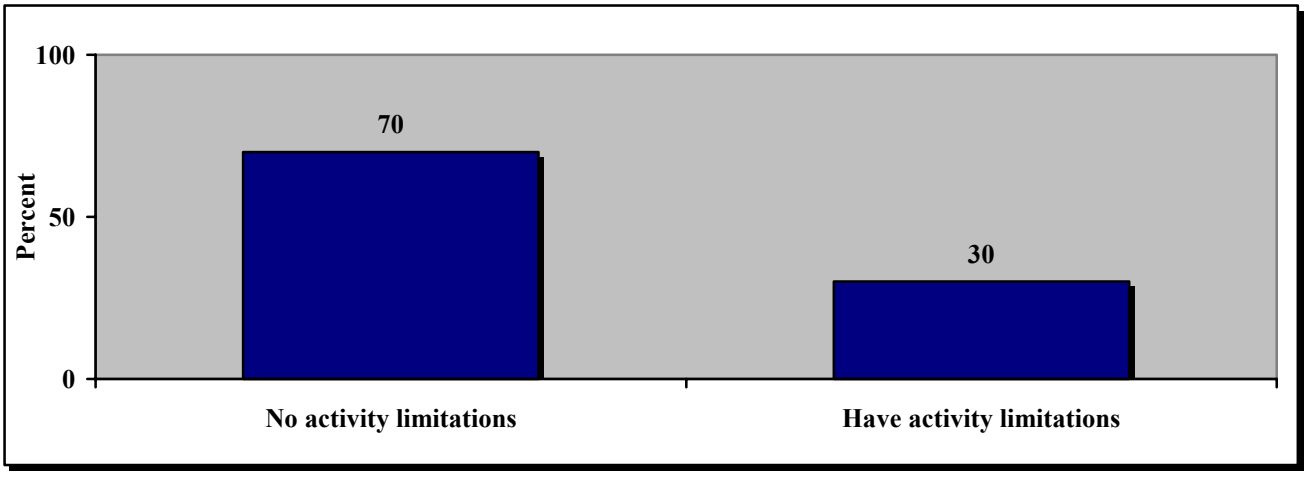
- **Thirty percent (30%)** of Washington County adults reported a limitation in activities due to joint symptoms.

Table 6: Activity limitations

	No activity limitations	Have activity limitations
%	**70**	**30**
CI	(64.8-75.9)	(24.1-35.2)
n	407	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 6: Activity limitations



Arthritis (continued)

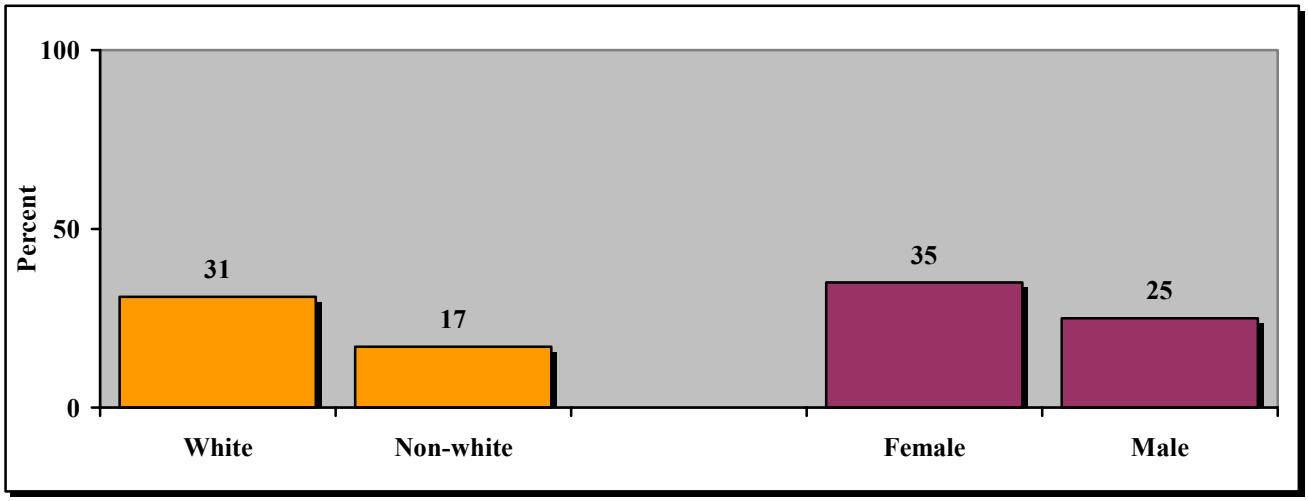
Question: Are you now limited in any way in any activities because of joint symptoms?

Table 7: Activity limitations, by race and gender

		No activity limitations	Have activity limitations
Race			
White	**%**	**69**	**31**
	CI	(63.2-74.6)	(25.4-36.8)
	n	386	
Non-White	**%**	**83**	**17**
	CI	(61.1-100.0)	(0.0-38.9)
	n	20	
Gender			
Female	**%**	**65**	**35**
	CI	(58.3-72.6)	(27.4-41.7)
	n	258	
Male	%	**75**	**25**
	CI	(66.8-83.7)	(16.3-33.2)
	n	149	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Percentage of respondents who reported a limitation in activities due to joint symptoms, by race and gender



Arthritis (continued)

Table 8: Activity limitations by age, education, and income

		No activity limitations	Have activity limitations
Age			
18-39	**%**	**79**	**21**
	CI	(67.8-91.1)	(8.9-32.2)
	n	58	
40-64	**%**	**67**	**33**
	CI	(59.1-74.1)	(25.9-40.9)
	n	199	
65+	**%**	**62**	**38**
	CI	(53.6-71.3)	(28.7-46.4)
	n	144	
Education			
< High School Education	**%**	**65**	**35**
	CI	(49.5-81.1)	(18.9-50.5)
	n	50	
High School Graduate	**%**	**72**	**28**
	CI	(64.8-79.5)	(20.5-35.2)
	n	227	
College Graduate	**%**	**69**	**31**
	CI	(58.7-79.1)	(20.9-41.3)
	n	124	
Income			
<$20,000	**%**	**56**	**44**
	CI	(41.7-71.0)	(29.0-58.3)
	n	84	
$20,000-$50,000	**%**	**74**	**26**
	CI	(65.7-82.3)	(17.7-34.3)
	n	148	
>$50,000	**%**	**78**	**22**
	CI	(68.6-87.4)	(12.6-31.4)
	n	112	

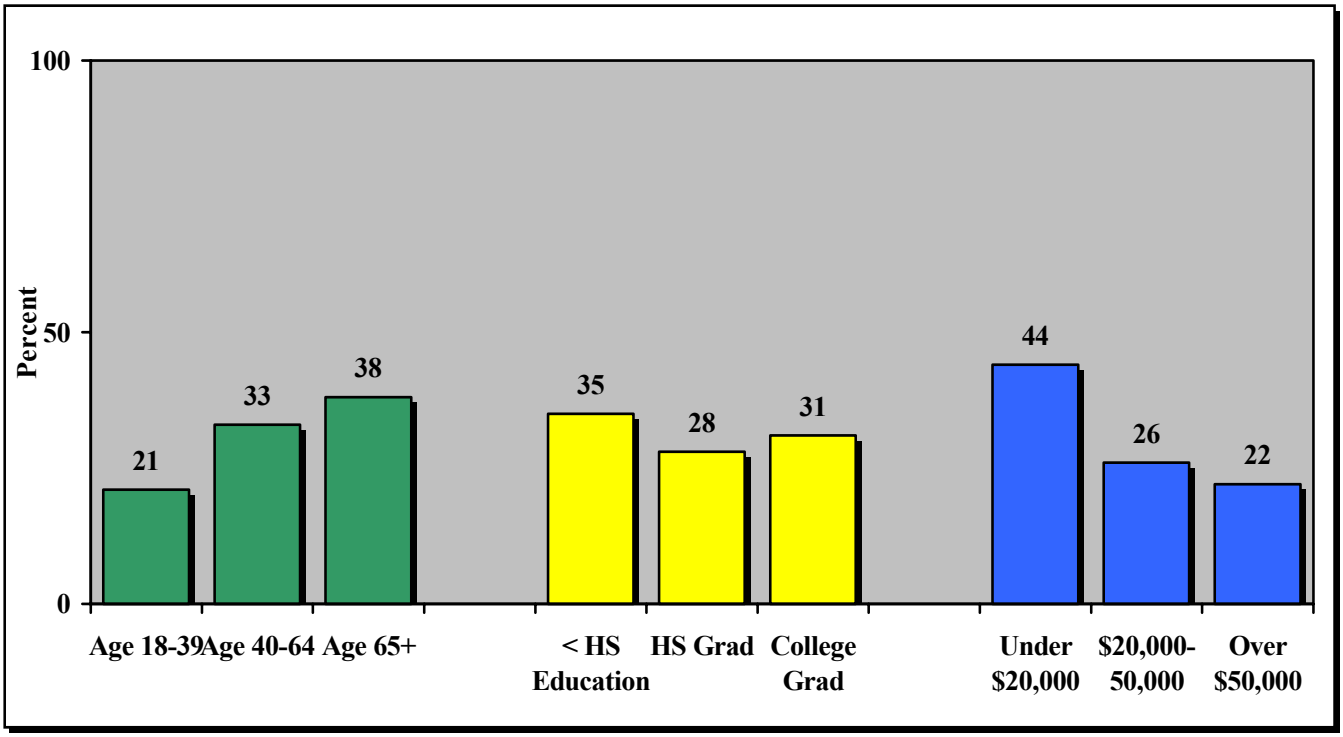
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Arthritis (continued)

Question: Are you now limited in any way in any activities because of joint symptoms?

Risk Factor Definition: Have activity limitations due to joint symptoms

Figure 8: Percentage of respondents who reported a limitation in activities due to joint symptoms, by age, education, and income



Colorectal Cancer Screening

Colorectal cancer is the second leading cause of all cancer deaths in Arkansas according to the Arkansas Cancer Coalition. Some of the risk factors include age, family, history, physical inactivity, obesity and cigarette smoking.

Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems.

Risk Factor Definition: Over age 50 years and never been screened

Question: Have you ever had these exams?

At Risk: Those aged 50 years and older who answered "no" are considered at risk.

Who is at risk in Washington County?

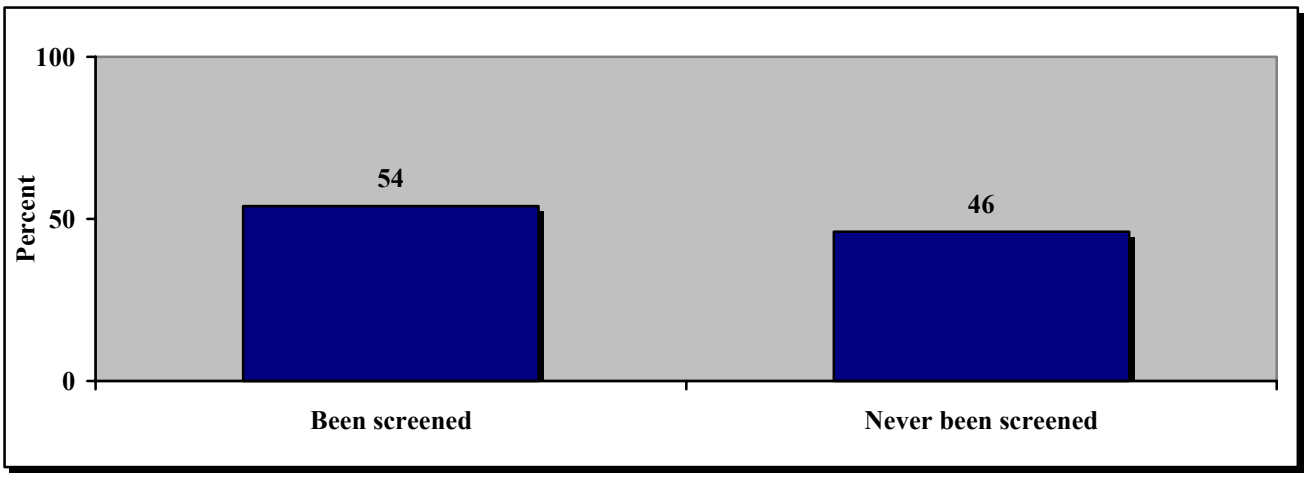
- **Forty-six percent (46%)** of Washington County adults over the age of 50 years reported they had never been screened for colorectal cancer.

Table 1: Colorectal cancer screening

	Been screened	Never been screened
%	**54**	**46**
CI	(48.4-58.9)	(41.1-51.6)
n	461	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Colorectal cancer screening



Colorectal Cancer Screening (continued)

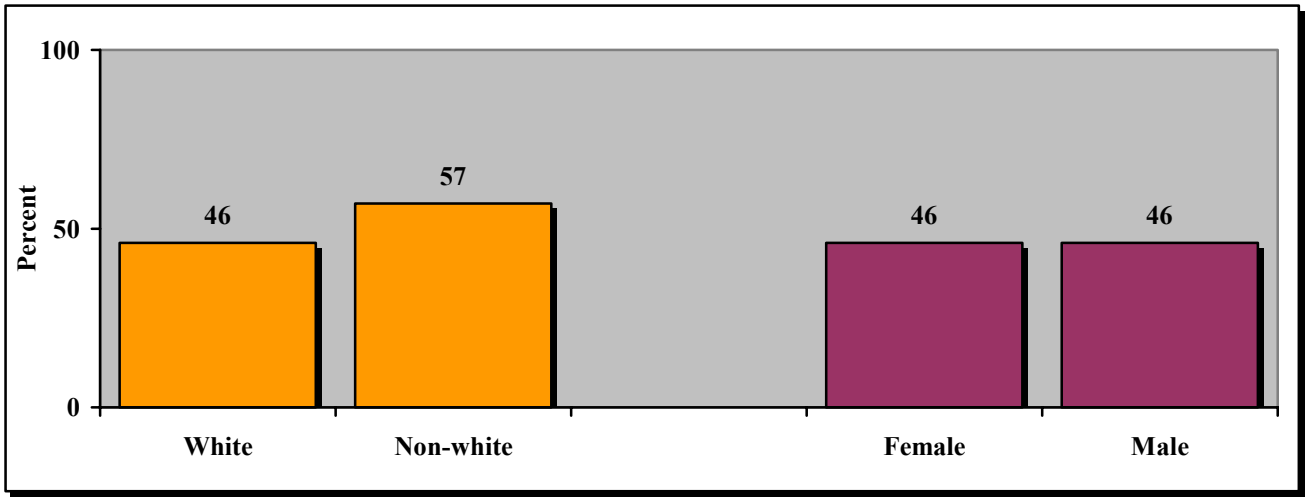
Question: Have you ever been screened for colorectal cancer, i.e. had a sigmoidoscopy or colonoscopy?

Table 2: Colorectal cancer screening, by race and gender

		Been screened	Never been screened
Race			
White	**%**	**54**	**46**
	CI	(48.8-59.4)	(40.6-51.2)
	n	446	
Non-White	**%**	**43**	**57**
	CI	(12.1-74.4)	(25.6-87.9)
	n	15	
Gender			
Female	**%**	**54**	**46**
	CI	(46.9-60.1)	(39.8-53.1)
	n	292	
Male	%	**54**	**46**
	CI	(45.4-62.1)	(37.9-54.6)
	n	169	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents over the age of 50 years who reported they had never been screened for colorectal cancer, by race and gender



Colorectal Cancer Screening (continued)

Table 3: Colorectal cancer screening by age, education, and income

		Been screened	Never been screened
Age			
40-64	**%**	**43**	**57**
	CI	(36.1-50.7)	(49.3-63.9)
	n	230	
65+	**%**	**67**	**33**
	CI	(59.8-73.4)	(26.6-40.2)
	n	224	
Education			
< High School Education	**%**	**39**	**61**
	CI	(24.5-53.0)	(47.0-75.5)
	n	64	
High School Graduate	**%**	**51**	**49**
	CI	(44.1-58.5)	(41.5-55.9)
	n	242	
College Graduate	**%**	**63**	**37**
	CI	(54.4-72.1)	(27.9-45.6)
	n	152	
Income			
<$20,000	**%**	**41**	**59**
	CI	(29.1-53.1)	(46.9-70.9)
	n	92	
$20,000-$50,000	**%**	**54**	**46**
	CI	(45.7-62.6)	(37.4-54.3)
	n	171	
>$50,000	**%**	**62**	**38**
	CI	(52.5-71.9)	(28.1-47.5)
	n	124	

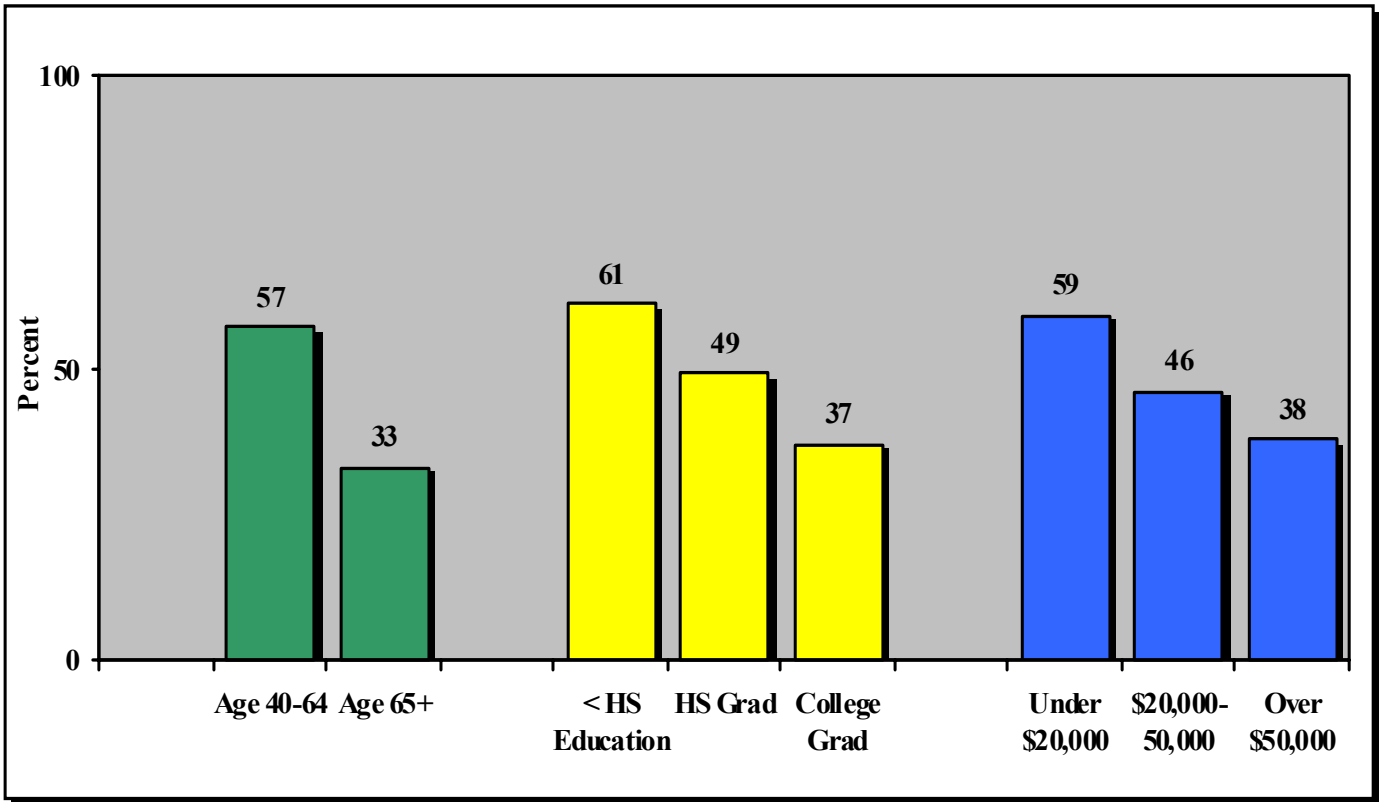
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Colorectal Cancer Screening (continued)

Question: Have you ever been screened for colorectal cancer, i.e. had a sigmoidoscopy or colonoscopy?

Risk Factor Definition: Over age 50 years and never been screened

Figure 3: Percentage of respondents over the age of 50 years who reported they had never been screened for colorectal cancer, by age, education, and income



Colorectal Cancer Screening (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

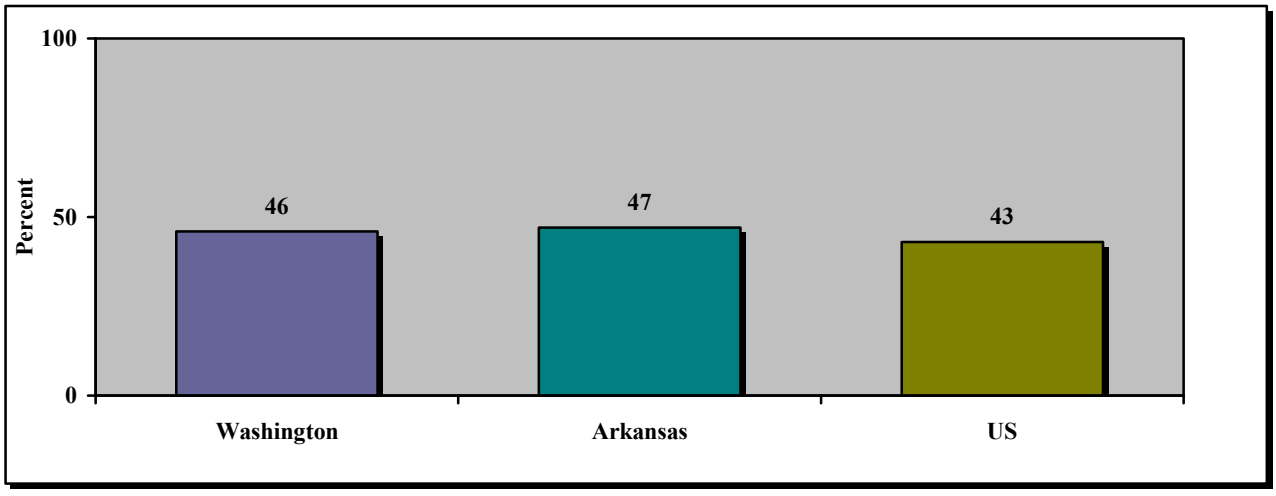
Comparing reported findings on: Colorectal cancer screening

Table 4: Colorectal cancer screening

		Been screened	Never been screened
Washington County	**%**	**54**	**46**
	CI	(48.4-58.9)	(41.1-51.6)
	n	461	
Arkansas	**%**	**53**	**47**
	CI	(50.7-54.5)	(45.5-49.3)
	n	3189	
US	**^%**	**57**	**43**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on never been screened for colorectal cancer screening



Colorectal Cancer Screening (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

Comparing reported findings on: Colorectal cancer screening

Table 5: Colorectal cancer screening, by gender

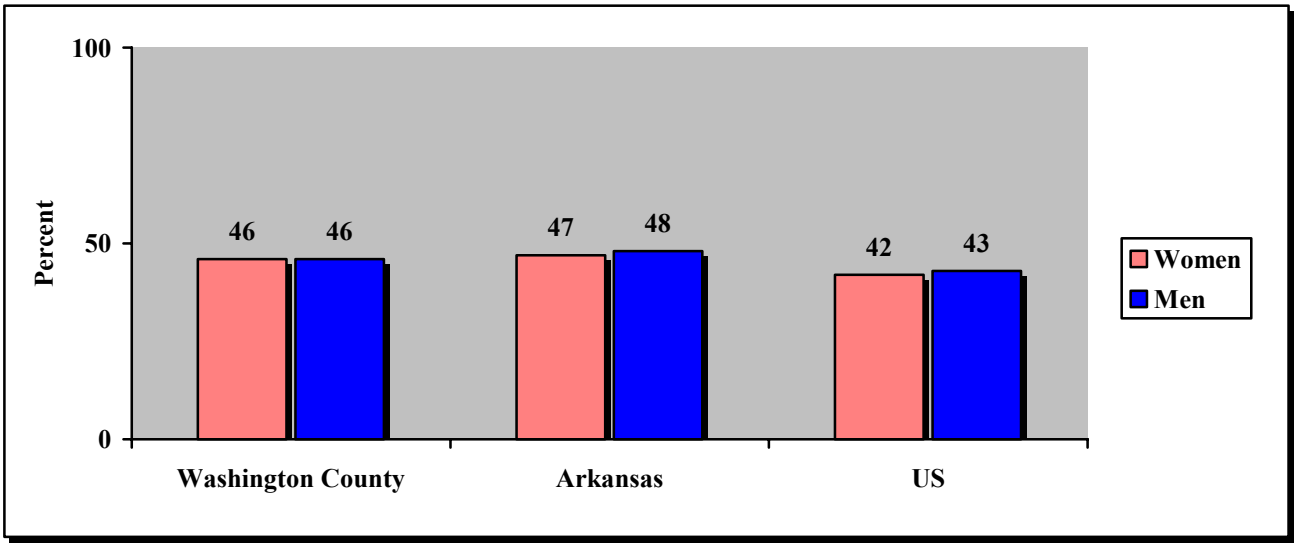
		Been screened	Never been screened
Washington County			
Female	**%**	**54**	**46**
	CI	(46.9-60.1)	(39.8-53.1)
	n	292	
Male	**%**	**54**	**46**
	CI	(45.4-62.1)	(37.9-54.6)
	n	169	
Arkansas			
Female	**%**	**53**	**47**
	CI	(50.3-55.1)	(44.9-49.7)
	n	2057	
Male	**%**	**53**	**48**
	CI	(49.3-55.7)	(44.3-50.7)
	n		
US			
Female	**%**	**58**	**42**
	n	51	
Male	**%**	**57**	**43**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Colorectal Cancer Screening (continued)

Comparing reported findings on: Colorectal cancer screening

Figure 5: Comparing reported findings on never been screened for colorectal cancer, by gender



Prostate Cancer Screening

Prostate cancer is the most common form of cancer for men in Arkansas, aside from skin cancer. Age, race, family history, and diet may be risk factors for prostate cancer. Older men and African-American men are most at risk.

A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

Risk Factor Definition: Male, over age 40 years, and not screened within the past year

Question: Have you ever had these exams?

At Risk: Those aged 40 years and older who answered "no" are considered at risk.

Who is at risk in Washington County?

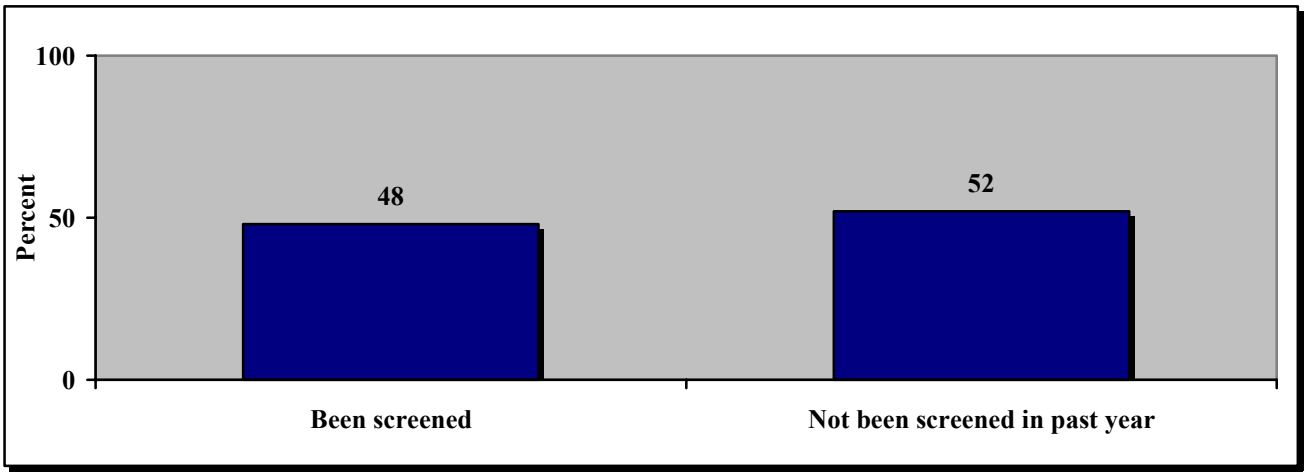
- **Fifty-two percent (52%)** of Washington County males over age 40 years reported they had not been screened for prostate cancer in the year preceding the survey.

Table 1: Prostate cancer screening

	Been screened	Not been screened in past year
%	**48**	**52**
CI	(39.8-55.3)	(44.7-60.2)
n	213	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Prostate cancer screening



Prostate Cancer Screening (continued)

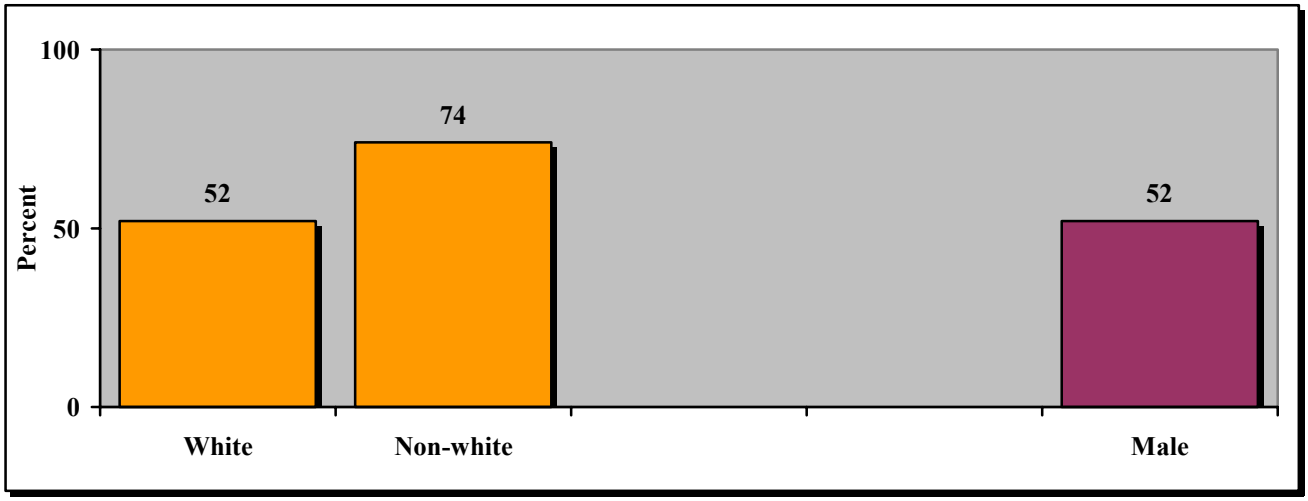
Question: Have you ever been screened for prostate cancer?

Table 2: Prostate cancer screening, by race and gender

		Been screened	Not been screened in past year
Race			
White	**%**	**48**	**52**
	CI	(40.4-56.3)	(43.7-59.6)
	n	207	
Non-White	**%**	**26**	**74**
	CI	(0.0-60.4)	(39.6-100.0)
	n	6	
Gender			
Male	%	**48**	**52**
	CI	(39.8-55.3)	(44.7-60.2)
	n	213	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: The percentage of male respondents over 40 years of age who reported they had not been screened for prostate cancer in the past year preceding the survey, by race



Prostate Cancer Screening (continued)

Table 3: Prostate cancer screening, by age, education, and income

		Been screened	Not been screened in past year
Age			
40-64	**%**	**39**	**61**
	CI	(30.3-48.2)	(51.8-69.7)
	n	139	
65+	**%**	**75**	**25**
	CI	(64.0-86.9)	(13.1-35.9)
	n	74	
Education			
< High School Education	**%**	**52**	**48**
	CI	(29.2-74.8)	(25.2-70.8)
	n	25	
High School Graduate	**%**	**41**	**59**
	CI	(30.2-51.4)	(48.6-69.7)
	n	109	
College Graduate	**%**	**55**	**45**
	CI	(42.8-68.0)	(32.0-57.2)
	n	78	
Income			
<$20,000	**%**	**53**	**47**
	CI	(30.9-74.4)	(25.6-69.1)
	n	30	
$20,000-$50,000	**%**	**49**	**51**
	CI	(35.0-62.4)	(37.6-65.0)
	n	76	
>$50,000	**%**	**41**	**59**
	CI	(29.9-52.8)	(47.2-70.1)
	n	84	

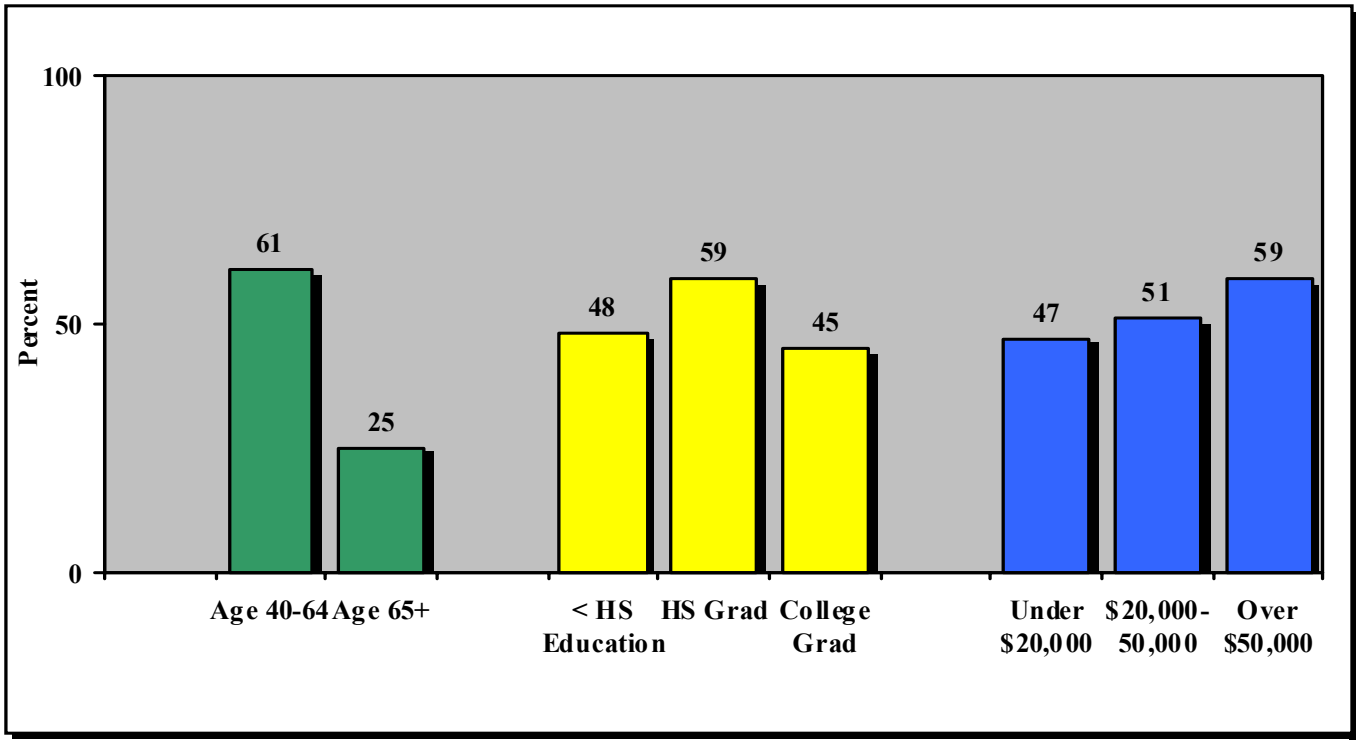
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Prostate Cancer Screening (continued)

Question: Have you ever been screened for prostate cancer?

Risk Factor Definition: Male, over age 40 years, and not screened within the past year

Figure 3: The percentage of male respondents over 40 years of age who reported they had not been screened for prostate cancer in the past year preceding the survey, by age, education, and income



Immunization – Influenza Shot

Immunization against influenza can prevent serious illness and death. Getting the flu shot not only helps you but it lessens the chance that you will spread the illness to someone else.

Risk Factor Definition: No influenza shot within past 12 months

Question: During the past 12 months, have you had a flu shot?

At Risk: Those who answered "No" are considered at risk.

Who is at risk in Washington County?

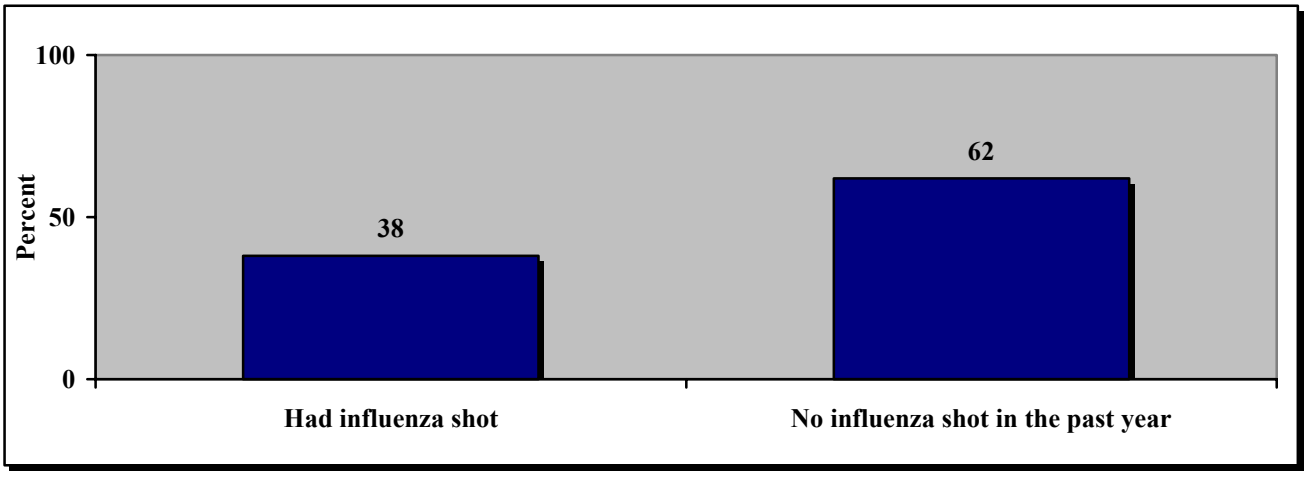
- **Sixty-two percent (62%)** of Washington County adults reported that they had not had an influenza shot in the twelve months preceding the survey.

Table 1: Influenza shot

	Had influenza shot	No influenza shot in past year
%	**38**	**62**
CI	(32.0-43.2)	(56.8-68.0)
n	800	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Influenza shot



Immunization – Influenza Shot (continued)

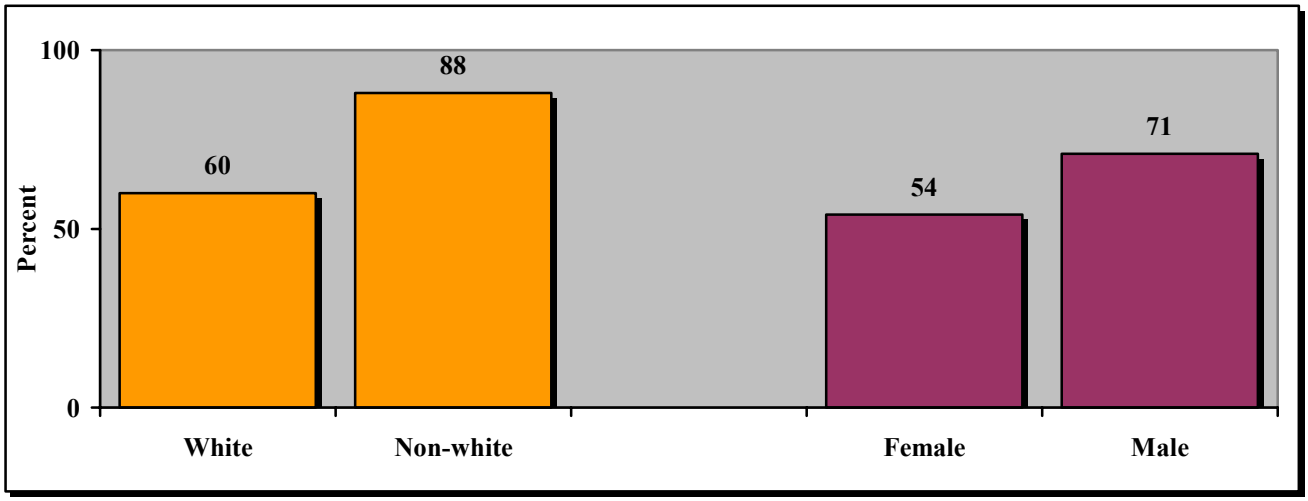
Question: During the past 12 months, have you had a flu shot?

Table 2: Influenza shot, by race and gender

		Had influenza shot	No influenza shot in past year
Race			
White	**%**	**40**	**60**
	CI	(34.3-46.2)	(53.8-65.7)
	n	745	
Non-White	**%**	**12**	**88**
	CI	(3.6-20.8)	(79.2-96.4)
	n	49	
Gender			
Female	**%**	**46**	**54**
	CI	(37.4-53.9)	(46.1-62.6)
	n	499	
Male	%	**29**	**71**
	CI	(23.0-35.9)	(64.1-77.0)
	n	301	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had not had an influenza shot in the twelve months preceding the survey, by race, and gender



Immunization – Influenza Shot (continued)

Table 3: Influenza shot, by age, education, and income

		Had influenza shot	No influenza shot in past year
Age			
18-39	**%**	**31**	**69**
	CI	(20.1-41.5)	(58.5-79.9)
	n	179	
40-64	**%**	**34**	**66**
	CI	(28.5-39.5)	(60.5-71.5)
	n	375	
65+	**%**	**71**	**29**
	CI	(64.7-78.0)	(22.0-35.3)
	n	231	
Education			
< High School Education	**%**	**34**	**66**
	CI	(21.0-46.8)	(53.2-79.0)
	n	95	
High School Graduate	**%**	**36**	**64**
	CI	(27.4-45.2)	(54.8-72.6)
	n	417	
College Graduate	**%**	**41**	**60**
	CI	(33.6-47.6)	(52.4-66.4)
	n	278	
Income			
<$20,000	**%**	**37**	**63**
	CI	(25.4-49.5)	(50.5-74.6)
	n	128	
$20,000-$50,000	**%**	**30**	**70**
	CI	(23.9-37.0)	(63.0-76.1)
	n	289	
>$50,000	**%**	**38**	**62**
	CI	(30.6-44.7)	(55.3-69.4)
	n	272	

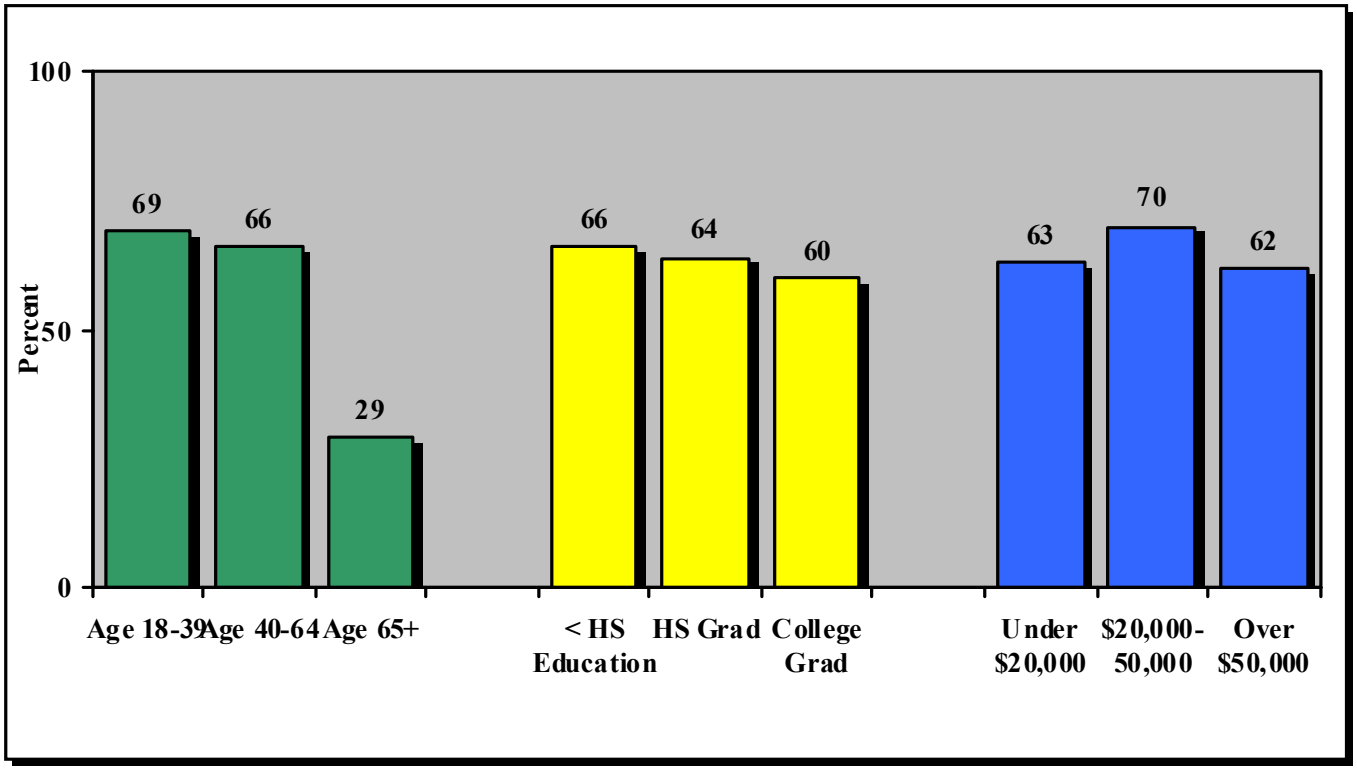
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Immunization – Influenza Shot (continued)

Question: During the past 12 months, have you had a flu shot?

Risk Factor Definition: No influenza shot within past 12 months

Figure 3: Percentage of respondents who reported that they had not had an influenza shot in the twelve months preceding the survey, by age, education, and income



Immunization – Influenza Shot (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

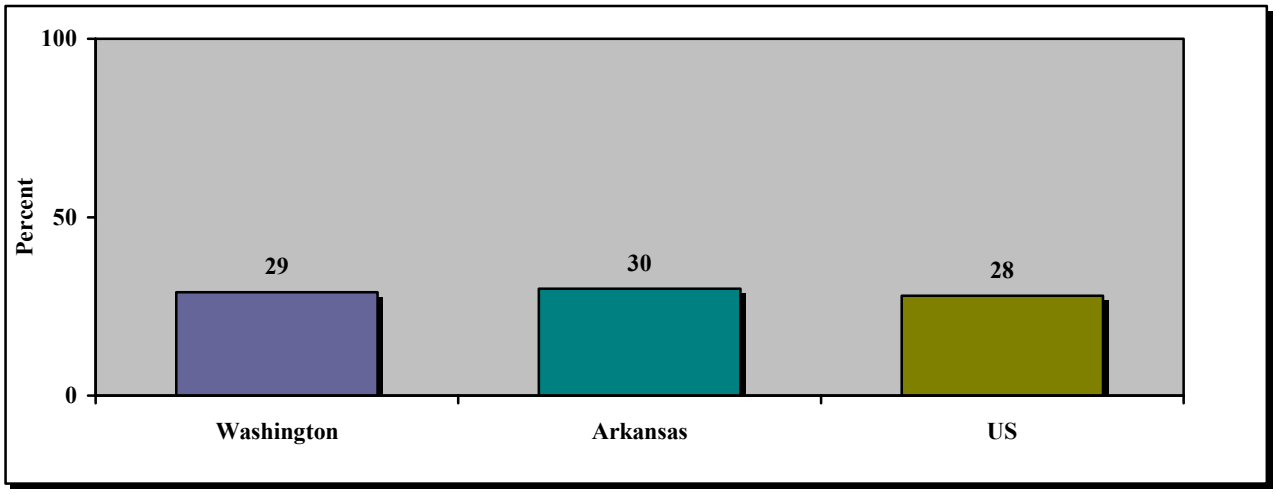
Comparing reported findings on: Influenza shot within the past 12 months, 65+ year olds

Table 4: Influenza shot (65+ year olds)

Age 65+ year olds		Had influenza shot	No influenza shot in past year
Washington County	%	71	29
	CI	(64.7-78.0)	(22.0-35.3)
	n	231	
Arkansas	%	71	30
	CI	(68.1-72.9)	(27.1-31.9)
	n	1816	
US	^%	72	28
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on no influenza shot within the past 12 months, 65+ year olds



Oral Health

Permanent Teeth Extraction

Risk Factor Definition: Permanent teeth extraction

Question: How many of your permanent teeth have been removed because of tooth decay or gum disease?

At Risk: Those who answered "1 or more" are considered at risk.

Who is at risk in Washington County?

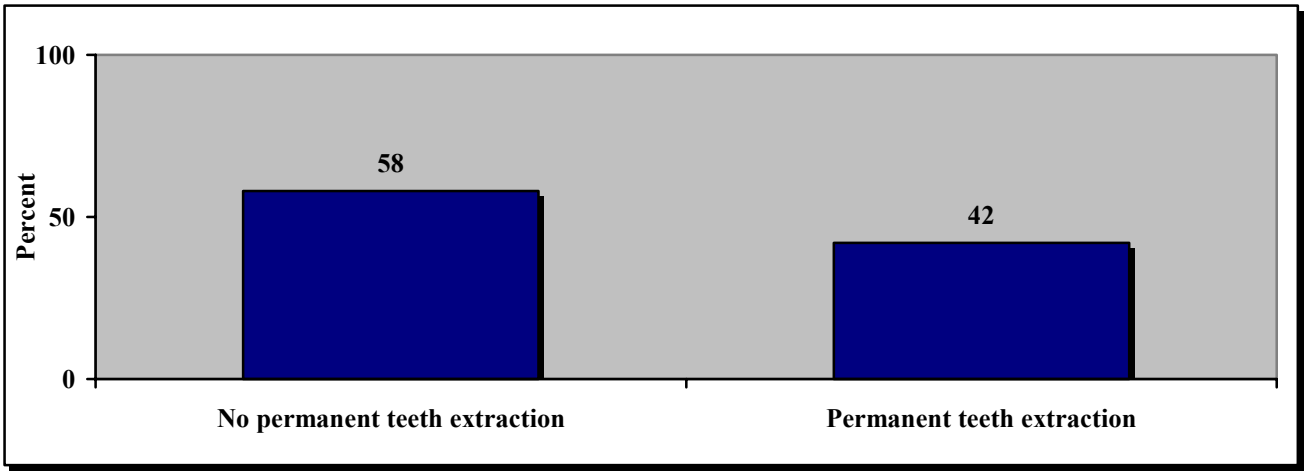
- **Forty-two percent (42%)** of the adults in Washington County reported permanent teeth extraction.

Table 1: Permanent teeth extraction

	No permanent teeth extraction	Permanent teeth extraction
%	**58**	**42**
CI	(52.7-64.0)	(36.0-47.3)
n	777	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Permanent teeth extraction



Oral Health (continued)

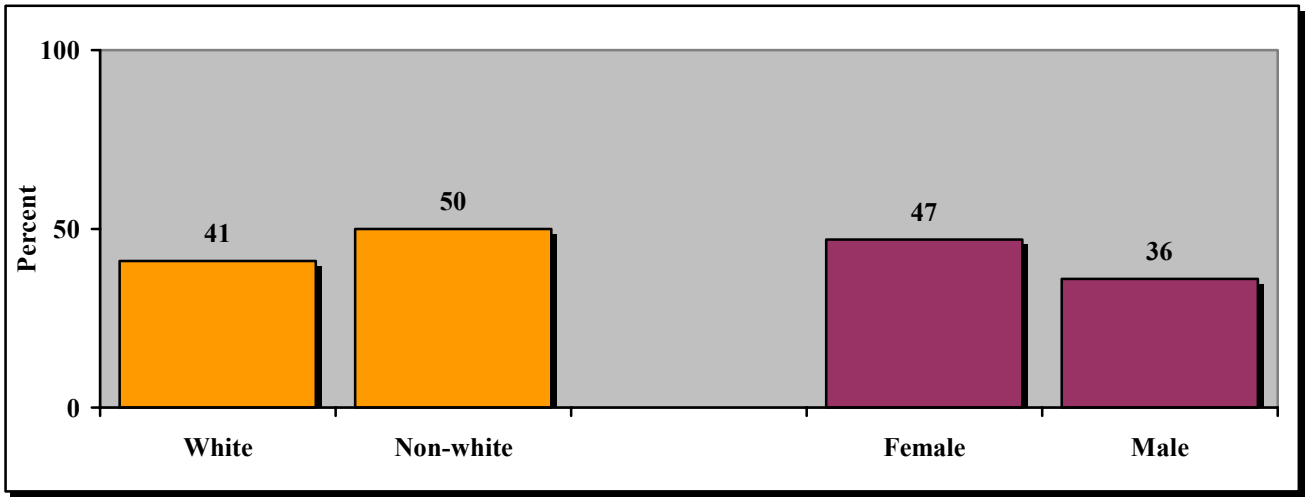
Question: How many of your permanent teeth have been removed because of tooth decay or gum disease?

Table 2: Permanent teeth extraction, by race and gender

		No permanent teeth extraction	Permanent teeth extraction
Race			
White	**%**	**59**	**41**
	CI	(53.0-64.8)	(35.2-47.0)
	n	725	
Non-White	**%**	**50**	**50**
	CI	(31.6-69.3)	(30.7-68.4)
	n	49	
Gender			
Female	**%**	**53**	**47**
	CI	(44.7-61.1)	(38.9-55.9)
	n	487	
Male	%	**64**	**36**
	CI	(56.8-70.7)	(29.3-43.2)
	n	290	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported any permanent teeth extraction, by race, and gender



Oral Health (continued)

Table 3: Permanent teeth extraction, by age, education, and income

		No permanent teeth extraction	Permanent teeth extraction
Age			
18-39	**%**	**77**	**23**
	CI	(66.3-87.8)	(12.2-33.7)
	n	177	
40-64	**%**	**46**	**54**
	CI	(40.2-52.2)	(47.8-59.8)
	n	370	
65+	**%**	**19**	**81**
	CI	(13.2-25.1)	(74.9-86.8)
	n	218	
Education			
< High School Education	**%**	**32**	**68**
	CI	(14.2-50.1)	(49.9-85.8)
	n	93	
High School Graduate	**%**	**55**	**45**
	CI	(46.5-63.7)	(36.3-53.5)
	n	406	
College Graduate	**%**	**74**	**26**
	CI	(68.6-80.4)	(19.6-31.4)
	n	275	
Income			
<$20,000	**%**	**45**	**55**
	CI	(30.1-58.9)	(41.1-69.9)
	n	127	
$20,000-$50,000	**%**	**50**	**50**
	CI	(42.2-58.2)	(41.8-57.8)
	n	280	
>$50,000	**%**	**72**	**28**
	CI	(65.8-78.1)	(21.9-34.2)
	n	271	

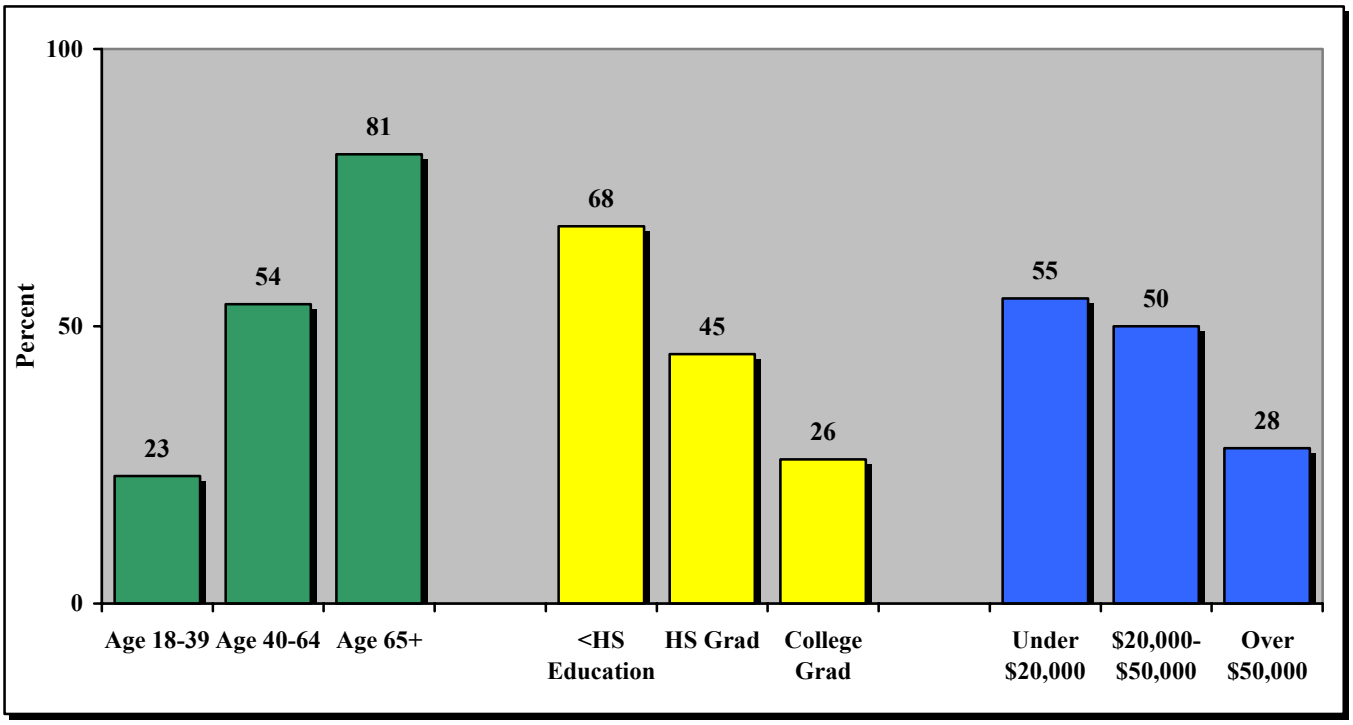
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Oral Health (continued)

Question: How many of your permanent teeth have been removed because of tooth decay or gum disease?

Risk Factor Definition: Permanent teeth extraction

Figure 3: Percentage of respondents who reported any permanent teeth extraction, by age, education, and income



Oral Health (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

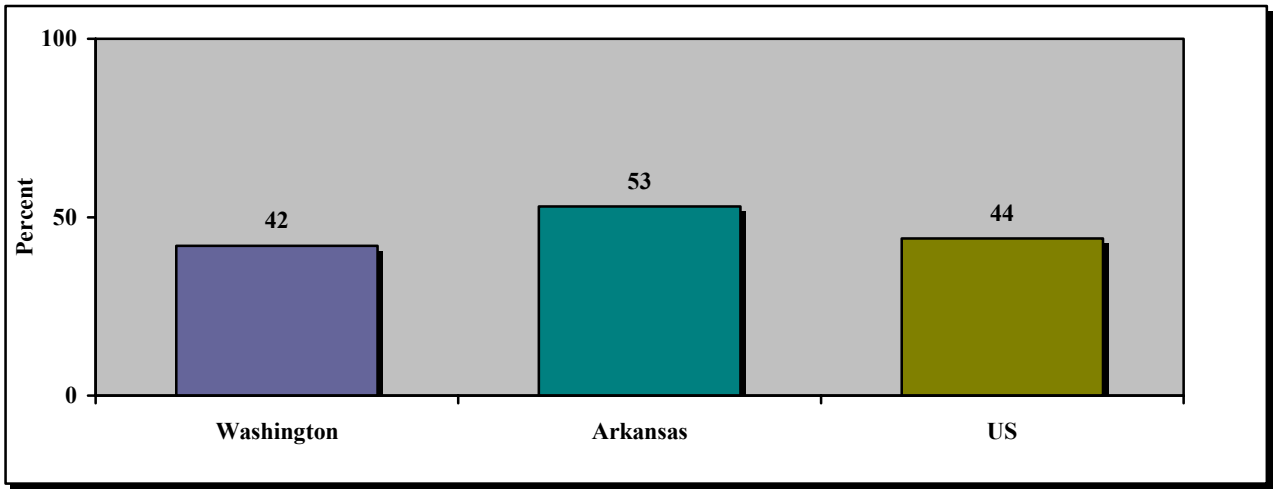
Comparing reported findings on: Permanent teeth extraction

Table 4: Permanent teeth extraction

		No permanent teeth extraction	Permanent teeth extraction
Washington County	**%**	**58**	**42**
	CI	(52.7-64.0)	(36.0-47.3)
	n	777	
Arkansas	**%**	**47**	**53**
	CI	(45.2-48.6)	(51.4-54.8)
	n	5527	
US	**^%**	**56**	**44**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on permanent teeth extraction



Oral Health (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

Comparing reported findings on: Permanent teeth extraction

Table 5: Permanent teeth extraction, by gender

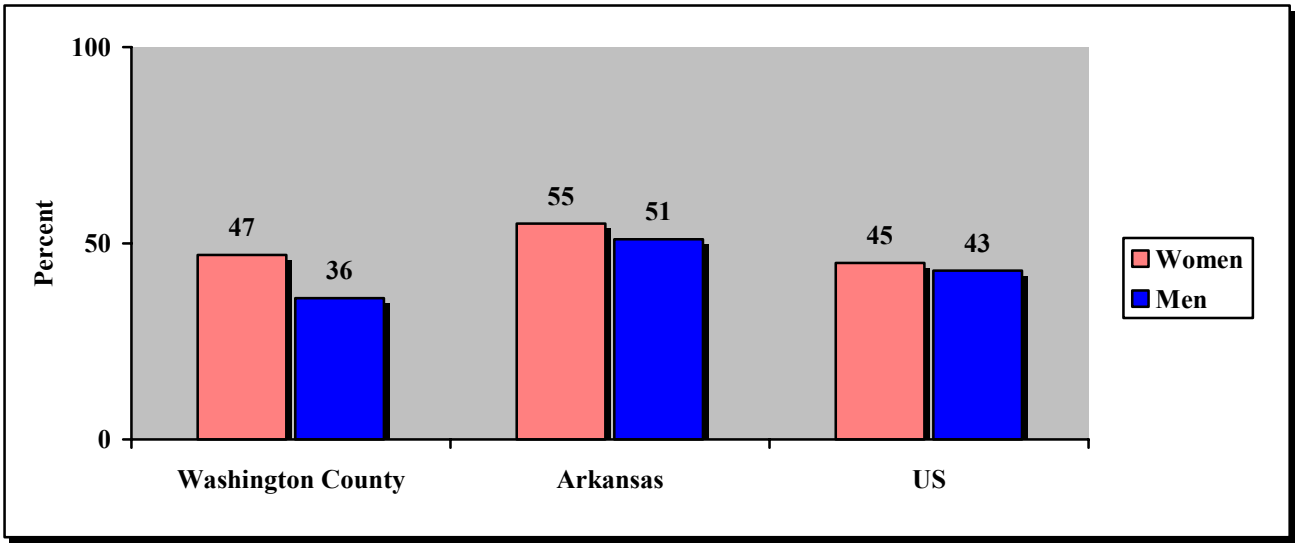
		No permanent teeth extraction	Permanent teeth extraction
Washington County			
Female	**%**	**53**	**47**
	CI	(44.7-61.1)	(38.9-55.9)
	n	487	
Male	**%**	**64**	**36**
	CI	(56.8-70.7)	(29.3-43.2)
	n	290	
Arkansas			
Female	**%**	**45**	**55**
	CI	(43.2-47.4)	(52.6-56.8)
	n	3479	
Male	**%**	**49**	**51**
	CI	(45.9-51.3)	(48.7-54.1)
	n	2048	
US			
Female	**%**	**55**	**45**
	n	51	
Male	**%**	**57**	**43**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Oral Health (continued)

Comparing reported findings on: Permanent teeth extraction

Figure 5: Comparing reported findings on permanent teeth extraction, by gender



Oral Health (continued)

Last dental visit

Risk Factor Definition: Last dental visit one year or more ago

Question: How long has it been since you last visited a dentist or dental clinic for any reason?

At Risk: Those who answered "1 year or more" are considered at risk.

Who is at risk in Washington County?

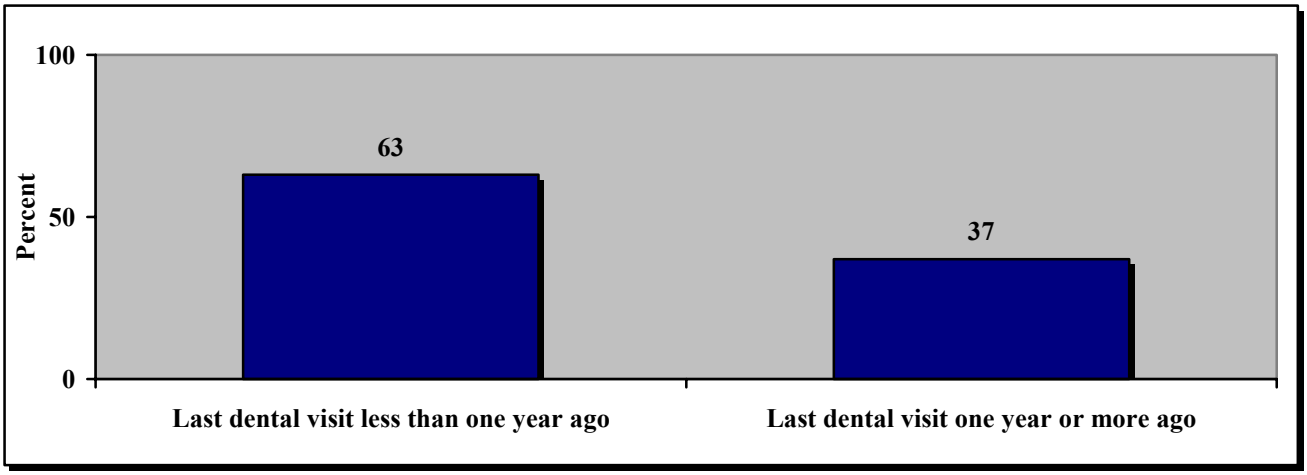
- **Thirty-seven percent (37%)** of the adults in Washington County reported that they had not visited a dentist or dental clinic for over one year.

Table 6: Last dental visit

	Last dental visit less than one year ago	Last dental visit one year or more ago
%	63	37
CI	(57.5-67.8)	(32.2-42.5)
n	787	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 6: Last dental visit



Oral Health (continued)

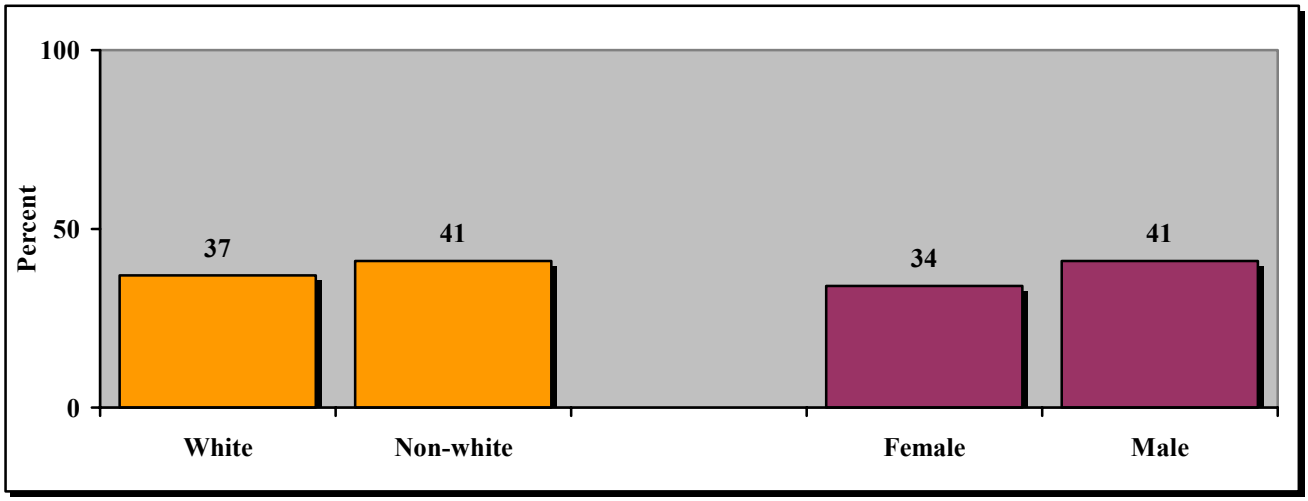
Question: How long has it been since you last visited a dentist or dental clinic for any reason?

Table 7: Last dental visit, by race and gender

		Last dental visit less than one year ago	Last dental visit one year or more ago
Race			
White	**%**	**63**	**37**
	CI	(57.4-68.2)	(31.8-42.6)
	n	735	
Non-White	**%**	**59**	**41**
	CI	(40.9-76.9)	(23.1-59.1)
	n	49	
Gender			
Female	**%**	**66**	**34**
	CI	(59.6-72.9)	(27.1-40.4)
	n	489	
Male	%	**59**	**41**
	CI	(51.3-66.5)	(33.5-48.7)
	n	298	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Percentage of respondents who reported that last dental visit was one year or more ago, by race, and gender



Oral Health (continued)

Table 8: Last dental visit, by age, education, and income

		Last dental visit less than one year ago	Last dental visit one year or more ago
Age			
18-39	**%**	**62**	**38**
	CI	(53.0-71.6)	(28.4-47.0)
	n	176	
40-64	**%**	**64**	**36**
	CI	(58.0-69.8)	(30.2-42.0)
	n	373	
65+	**%**	**60**	**40**
	CI	(52.6-67.0)	(33.0-47.4)
	n	225	
Education			
< High School Education	**%**	**48**	**52**
	CI	(33.1-62.1)	(37.9-66.9)
	n	93	
High School Graduate	**%**	**59**	**41**
	CI	(51.0-66.8)	(33.2-49.0)
	n	414	
College Graduate	**%**	**74**	**26**
	CI	(67.2-81.1)	(18.9-32.8)
	n	276	
Income			
<$20,000	**%**	**36**	**64**
	CI	(23.2-48.5)	(51.5-76.8)
	n	128	
$20,000-$50,000	**%**	**57**	**43**
	CI	(48.8-64.7)	(35.3-51.2)
	n	286	
>$50,000	**%**	**76**	**24**
	CI	(69.0-82.1)	(17.9-31.0)
	n	272	

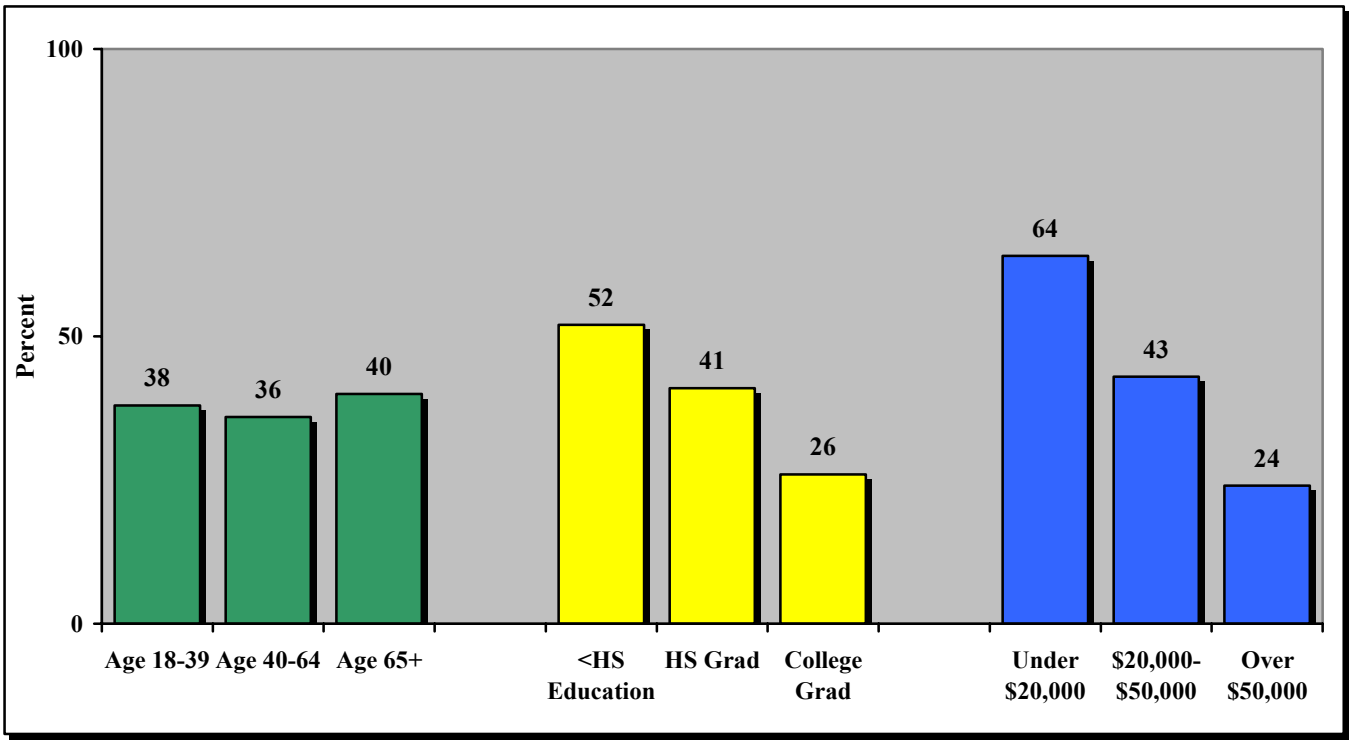
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Oral Health (continued)

Question: How long has it been since you last visited a dentist or dental clinic for any reason?

Risk Factor Definition: Last dental visit one year or more ago

Figure 8: Percentage of respondents who reported that last dental visit was one year or more ago, by age, education, and income



Oral Health (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

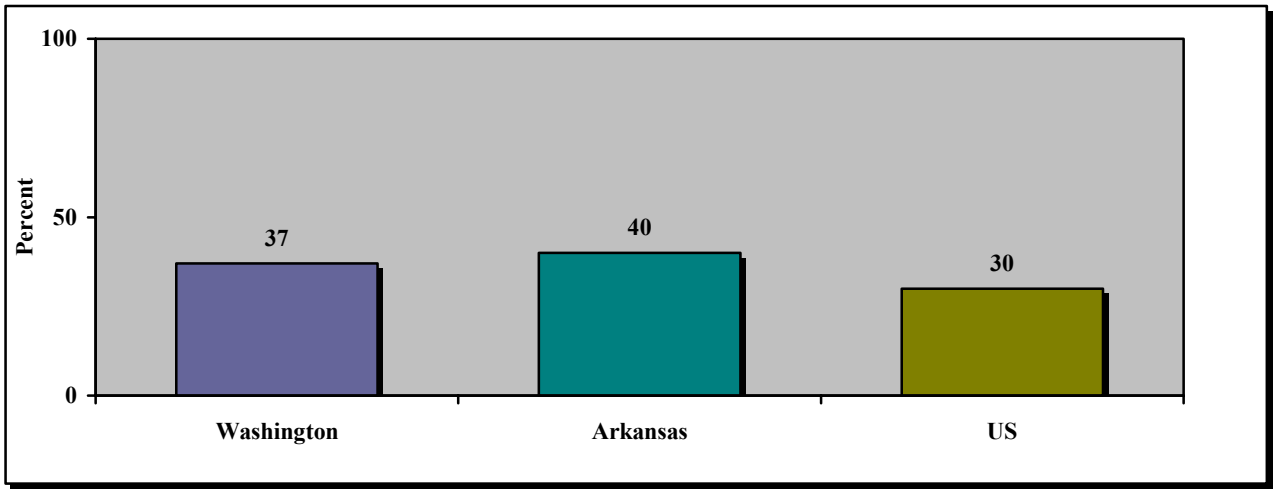
Comparing reported findings on: Last dental visit

Table 9: Last dental visit

		Last dental visit less than one year ago	Last dental visit one year or more ago
Washington County	**%**	**63**	**37**
	CI	(57.5-67.8)	(32.2-42.5)
	n	787	
Arkansas	**%**	**60**	**40**
	CI	(58.6-61.8)	(38.2-41.4)
	n	5571	
US	**^%**	**70**	**30**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 9: Comparing reported findings on last dental visit one year or more ago



Oral Health (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

Comparing reported findings on: Last dental visit

Table 10: Last dental visit, by gender

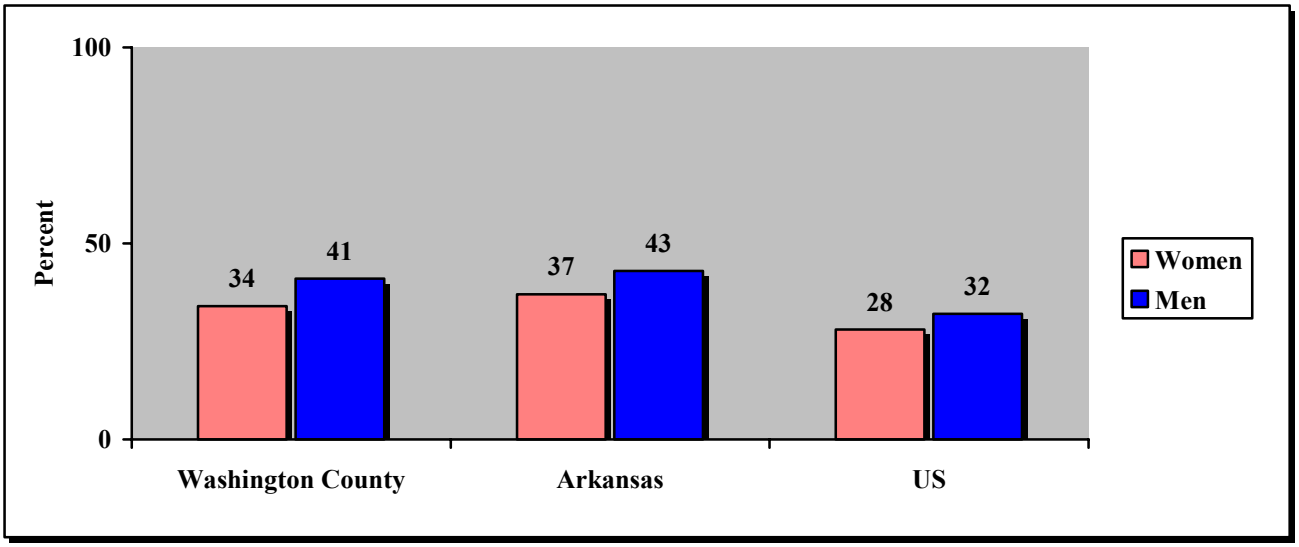
		Last dental visit less than one year ago	Last dental visit one year or more ago
Washington County			
Female	**%**	**66**	**34**
	CI	(59.6-72.9)	(27.1-40.4)
	n	489	
Male	**%**	**59**	**41**
	CI	(51.3-66.5)	(33.5-48.7)
	n	298	
Arkansas			
Female	**%**	**64**	**37**
	CI	(61.5-65.5)	(34.5-38.5)
	n	3509	
Male	**%**	**57**	**43**
	CI	(54.0-59.2)	(40.8-46.0)
	n	2062	
US			
Female	**%**	**72**	**28**
	n	51	
Male	**%**	**68**	**32**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Oral Health (continued)

Comparing reported findings on: Last dental visit

Figure 10: Comparing reported findings on last dental visit one year or more ago, by gender



Physical Activity

Regular physical activity is important for people of all ages. It is important for maintaining a healthy body, enhancing quality of life, and preventing death.

Risk Factor Definition: Do not participate in regular physical activity

Questions: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At Risk: Those who do not participate in physical activity on a regular basis are at risk.

Who is at risk in Washington County?

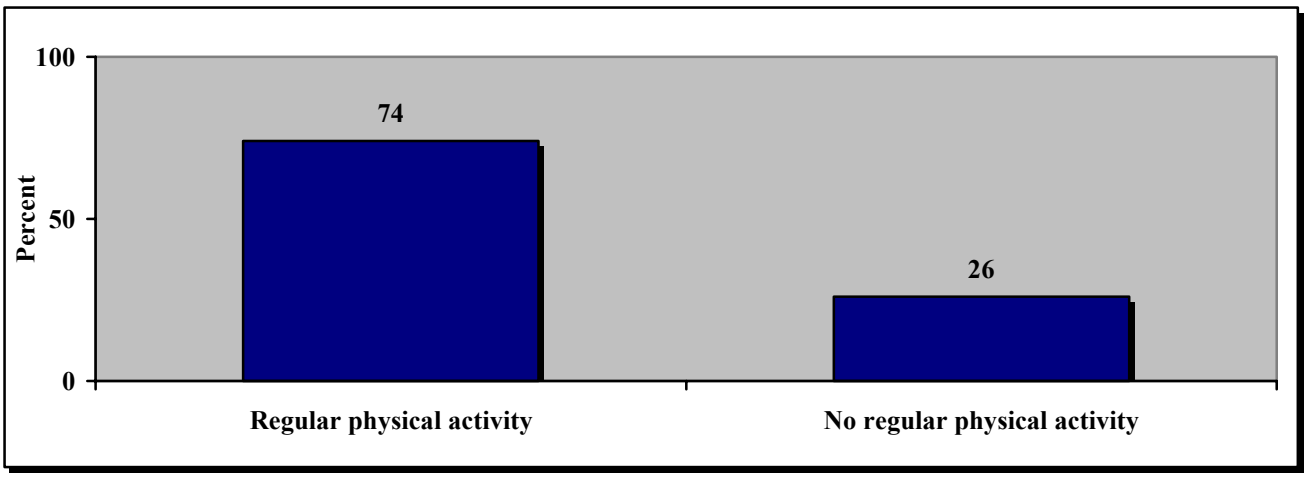
- **Twenty-six percent (26%)** of Washington County's adult residents reported they did not participate in regular physical activity during the month preceding the survey.

Table 1: Regular physical activity

	Regular physical activity	No regular physical activity
%	**74**	**26**
CI	(68.0-79.5)	(20.5-32.0)
n	800	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Regular physical activity



Physical Activity (continued)

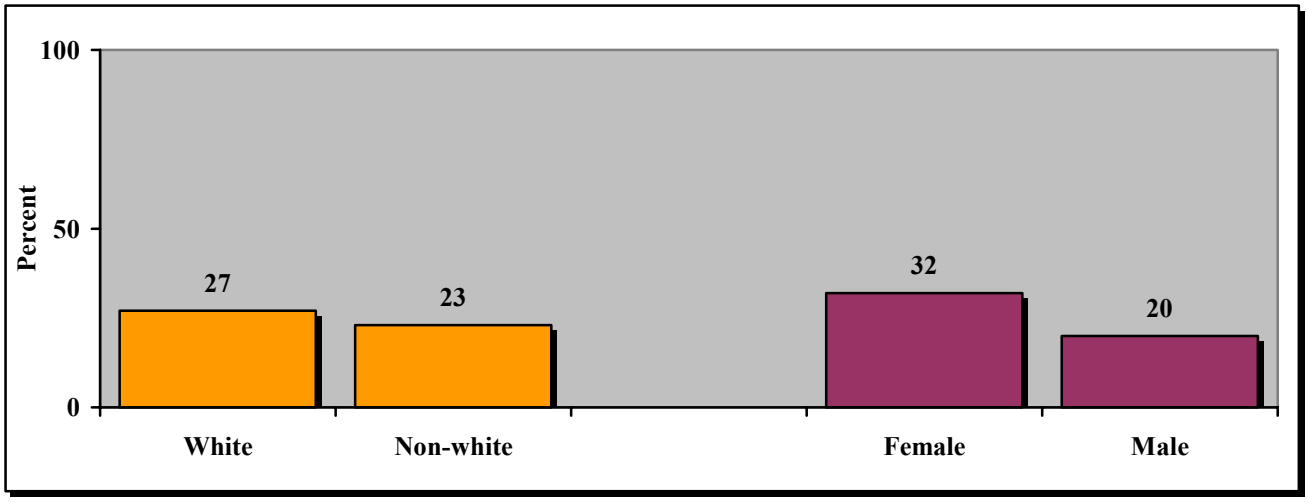
Question: During the past 30 days, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Table 2: Regular physical activity, by race and gender

		Regular physical activity	No regular physical activity
Race			
White	**%**	**73**	**27**
	CI	(67.3-79.5)	(20.5-32.7)
	n	745	
Non-White	**%**	**77**	**23**
	CI	(61.7-92.0)	(8.0-38.3)
	n	49	
Gender			
Female	**%**	**68**	**32**
	CI	(58.7-76.9)	(23.1-41.3)
	n	499	
Male	%	**80**	**20**
	CI	(73.8-85.7)	(14.3-26.2)
	n	301	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had not participated regular physical activity during the month preceding the survey, by race, and gender



Physical Activity (continued)

Table 3: Regular physical activity, by age, education, and income

		Regular physical activity	No regular physical activity
Age			
18-39	**%**	**78**	**22**
	CI	(66.8-88.6)	(11.4-33.2)
	n	179	
40-64	**%**	**72**	**28**
	CI	(66.3-77.1)	(22.9-33.7)
	n	375	
65+	**%**	**65**	**35**
	CI	(57.7-71.5)	(28.5-42.3)
	n	231	
Education			
< High School Education	**%**	**68**	**32**
	CI	(55.7-80.4)	(19.6-44.3)
	n	95	
High School Graduate	**%**	**67**	**33**
	CI	(57.5-75.7)	(24.3-42.5)
	n	417	
College Graduate	**%**	**89**	**11**
	CI	(84.9-92.8)	(7.2-15.1)
	n	278	
Income			
<$20,000	**%**	**56**	**44**
	CI	(42.4-70.1)	(29.9-57.6)
	n	128	
$20,000-$50,000	**%**	**81**	**19**
	CI	(75.7-85.9)	(14.1-24.3)
	n	289	
>$50,000	**%**	**83**	**17**
	CI	(77.7-88.1)	(11.9-22.3)
	n	272	

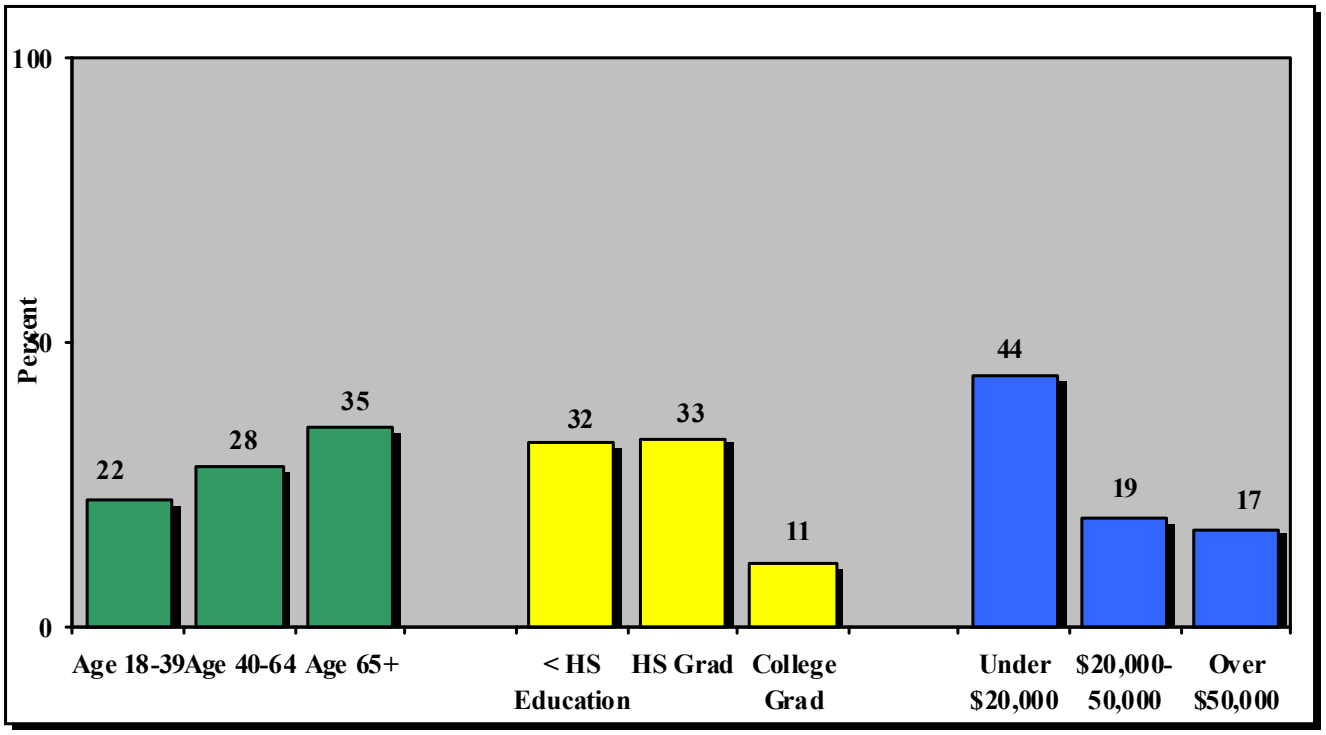
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Physical Activity (continued)

Question: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Risk Factor Definition: Do not participate in regular physical activity

Figure 3: Percentage of respondents who reported that they had not participated regular physical activity during the month preceding the survey, by age, education, and income



Physical Activity (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

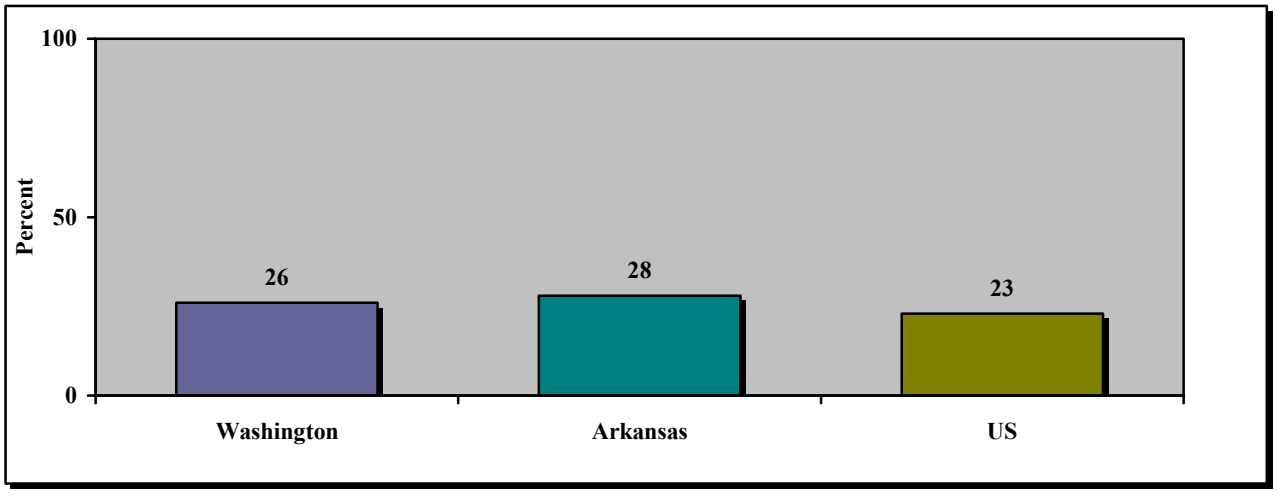
Comparing reported findings on: Physical activity

Table 4: Regular physical activity

		Regular physical activity	No regular physical activity
Washington County	**%**	**74**	**26**
	CI	(68.0-79.5)	(20.5-32.0)
	n	800	
Arkansas	**%**	**72**	**28**
	CI	(70.3-73.5)	(26.5-29.7)
	n	5724	
US	**^%**	**77**	**23**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on no regular physical activity



Physical Activity (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Physical activity

Table 5: Regular physical activity

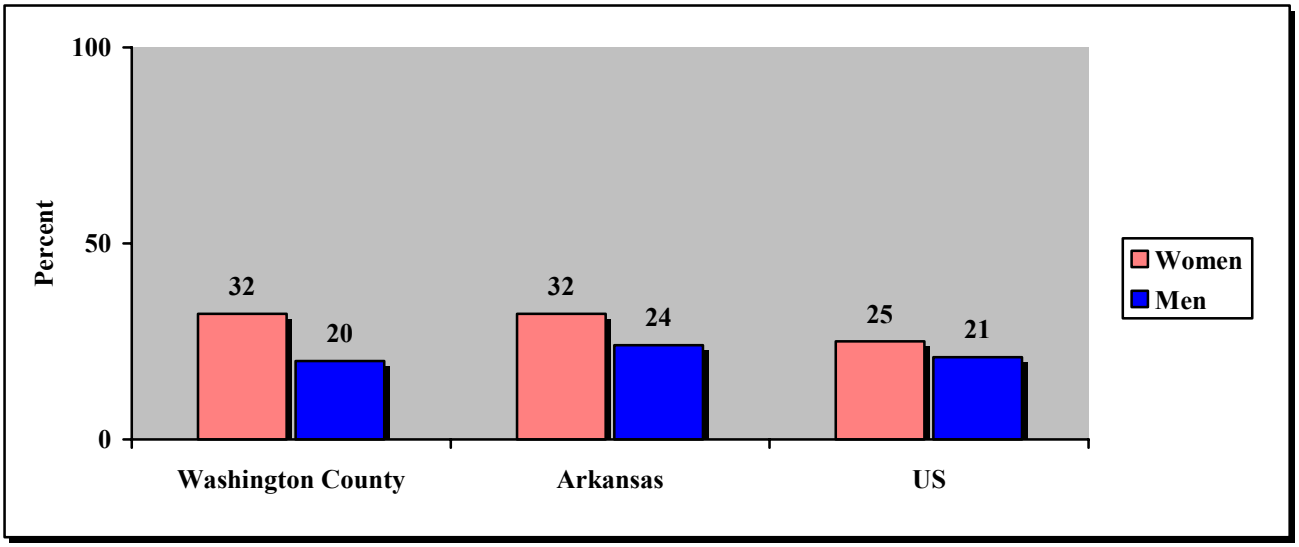
		Regular physical activity	No regular physical activity
Washington County			
Female	**%**	**68**	**32**
	CI	(58.7-76.9)	(23.1-41.3)
	n	499	
Male	**%**	**80**	**20**
	CI	(73.8-85.7)	(14.3-26.2)
	n	301	
Arkansas			
Female	**%**	**68**	**32**
	CI	(66.2-70.2)	(29.8-33.8)
	n	3683	
Male	**%**	**76**	**24**
	CI	(73.7-78.1)	(21.9-26.3)
	n	2041	
US			
Female	**%**	**76**	**25**
	n	51	
Male	**%**	**80**	**21**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Physical Activity (continued)

Comparing reported findings on: Physical activity

Figure 5: Comparing reported findings on no regular physical activity, by gender



Overweight

Overweight and obesity have risen considerably over the past several years and are major contributors to preventable causes of death. They raise the risk of social stigmatization, discrimination, and low-self esteem along with raising the risk of certain illnesses. Some of these illnesses include high blood pressure, high cholesterol, diabetes, heart disease, stroke, gall bladder disease, arthritis, sleep disturbance, breathing problems, and certain types of cancer.

Risk Factor Definition: Overweight as measured by Body Mass Index (BMI)

Questions: 1. How much do you weigh without shoes?
2. How tall are you without shoes?

At Risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight. BMI is a ratio of weight to height.

Who is at risk in Washington County?

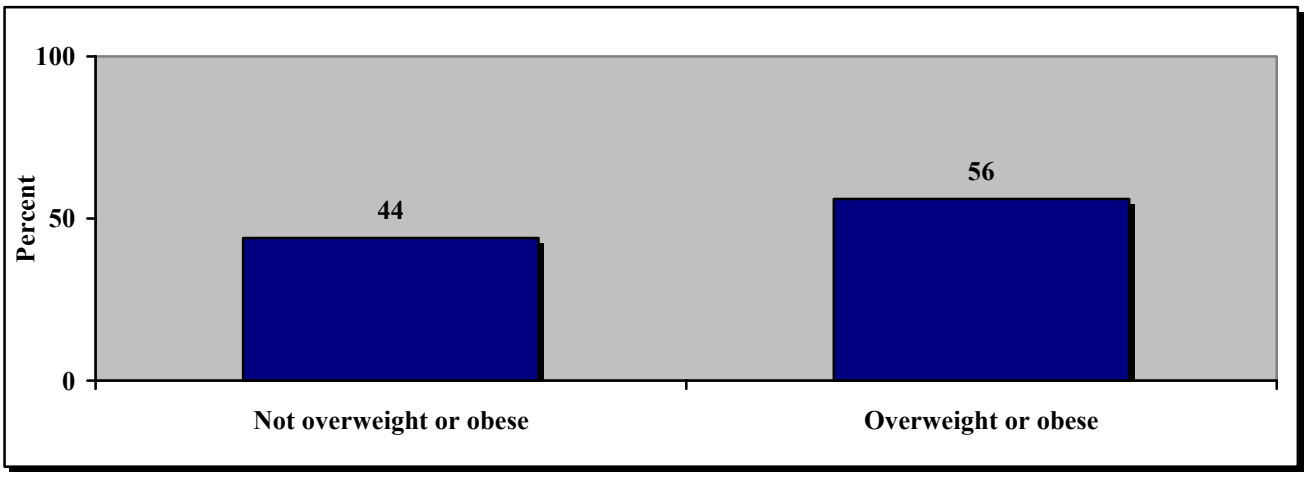
- **Fifty-six percent (56%)** of Washington County's adults reported that they were overweight.

Table 1: Bodyweight

	Not overweight or obese	Overweight or obese
%	**44**	**56**
CI	(38.0-49.8)	(50.2-62.0)
n	754	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Bodyweight



Overweight (continued)

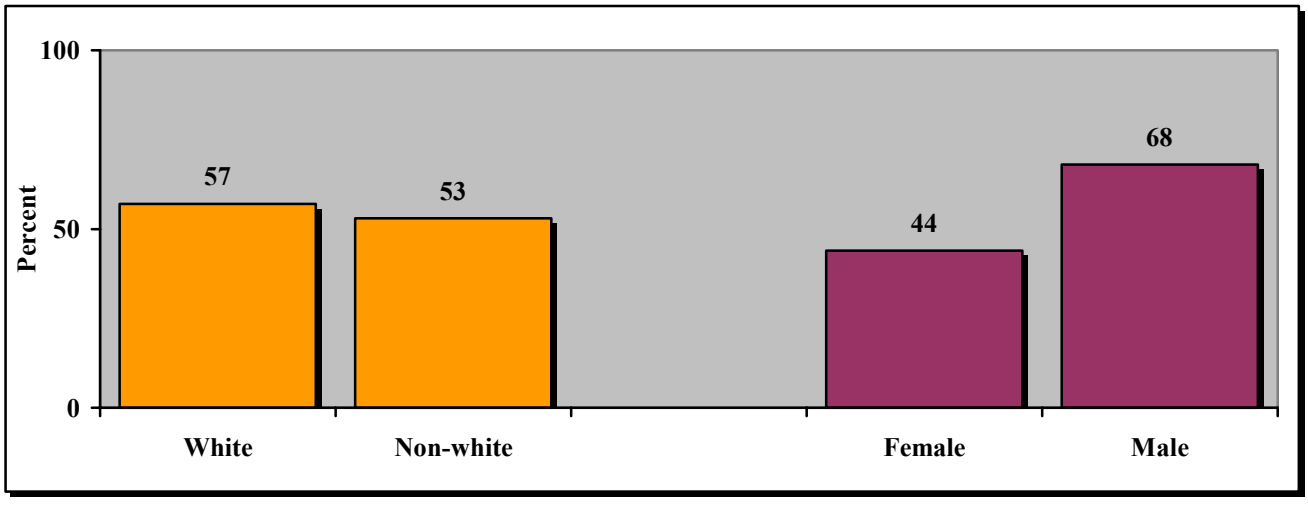
Question: How much do you weight without shoes? How tall are you without shoes?

Table 2: Bodyweight, by race and gender

		Not overweight or obese	Overweight or obese
Race			
White	**%**	**43**	**57**
	CI	(37.0-49.5)	(50.5-63.0)
	n	707	
Non-White	**%**	**47**	**53**
	CI	(26.8-67.4)	(32.6-73.2)
	n	45	
Gender			
Female	**%**	**56**	**44**
	CI	(47.9-63.5)	(36.5-52.1)
	n	460	
Male	%	**32**	**68**
	CI	(24.9-39.9)	(60.1-75.1)
	n	294	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they were overweight, by race, and gender



Overweight (continued)

Table 3: Bodyweight, by age, education, and income

		Not overweight or obese	Overweight or obese
Age			
18-39	**%**	**54**	**46**
	CI	(43.7-63.9)	(36.1-56.3)
	n	170	
40-64	**%**	**31**	**69**
	CI	(25.1-36.8)	(63.2-74.9)
	n	355	
65+	**%**	**42**	**58**
	CI	(34.9-49.1)	(50.9-65.1)
	n	220	
Education			
< High School Education	**%**	**28**	**72**
	CI	(12.4-44.4)	(55.6-87.6)
	n	80	
High School Graduate	**%**	**49**	**51**
	CI	(40.7-57.9)	(42.1-59.3)
	n	403	
College Graduate	**%**	**40**	**60**
	CI	(33.1-47.6)	(52.4-66.9)
	n	268	
Income			
<$20,000	**%**	**51**	**49**
	CI	(36.2-65.1)	(34.8-63.8)
	n	117	
$20,000-$50,000	**%**	**44**	**56**
	CI	(35.6-51.8)	(48.2-64.4)
	n	276	
>$50,000	**%**	**37**	**63**
	CI	(29.8-45.1)	(54.9-70.2)
	n	267	

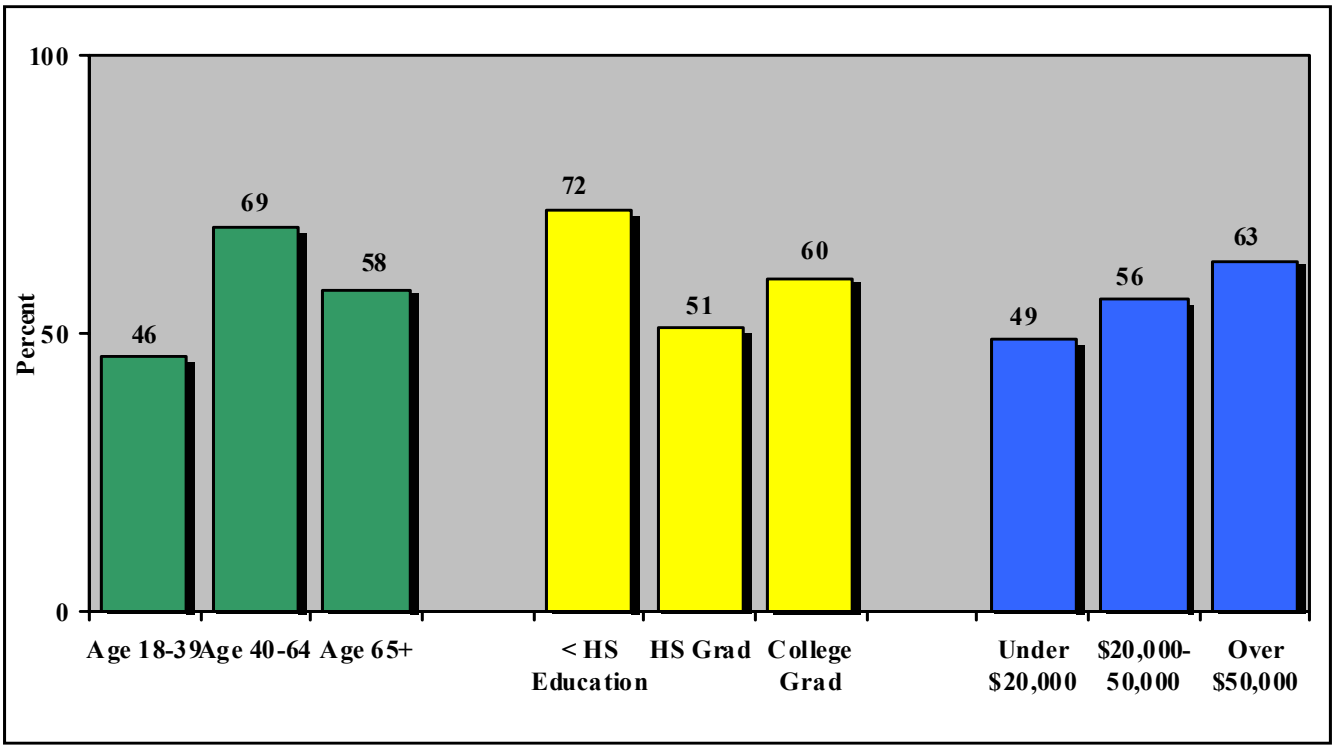
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Overweight (continued)

Question: How much do you weight without shoes? How tall are you without shoes?

Risk Factor Definition: Those with a Body Mass Index of greater than 2.5 are overweight.

Figure 3: Percentage of respondents who reported that they were overweight, by age, education, and income



Fruits and Vegetables

Risk Factor Definition: Fewer than 5 fruits and vegetables per day

Questions: How often do you eat fruits, green salad or other vegetables, or drink fruit juice per day?

At Risk: Those who answered "less than 5 times per day" are considered at risk.

Who is at risk in Washington County?

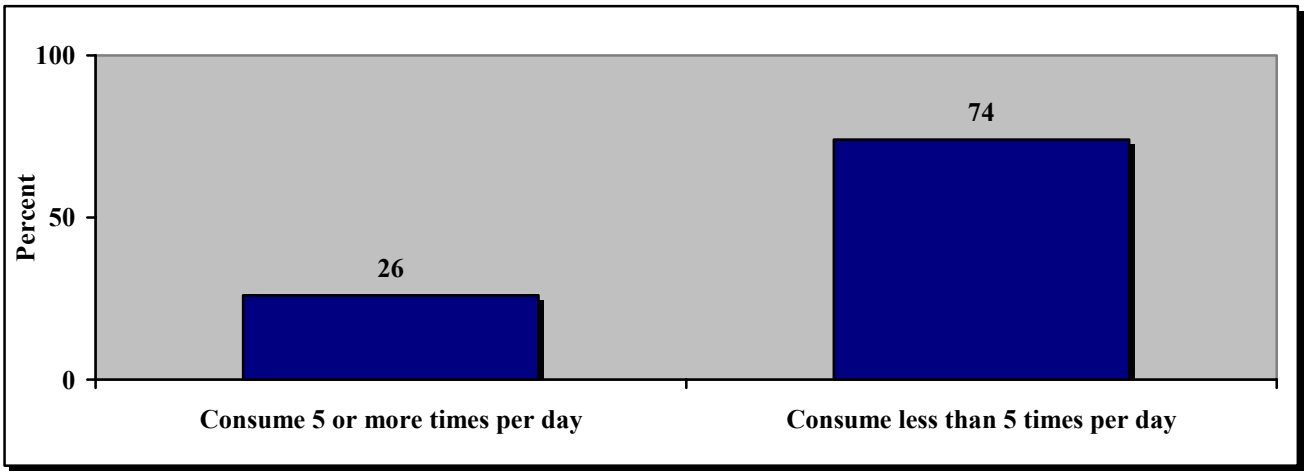
- **Seventy-four percent (74%)** of Washington County's adults reported that they consume fruits and vegetables less than five times per day.

Table 1: Fruits and vegetables

	Consume 5 or more times per day	Consume less than 5 times per day
%	**26**	**74**
CI	(20.0-31.7)	(68.3-80.0)
n	790	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Consumption of fruits and vegetables



Fruits and Vegetables (continued)

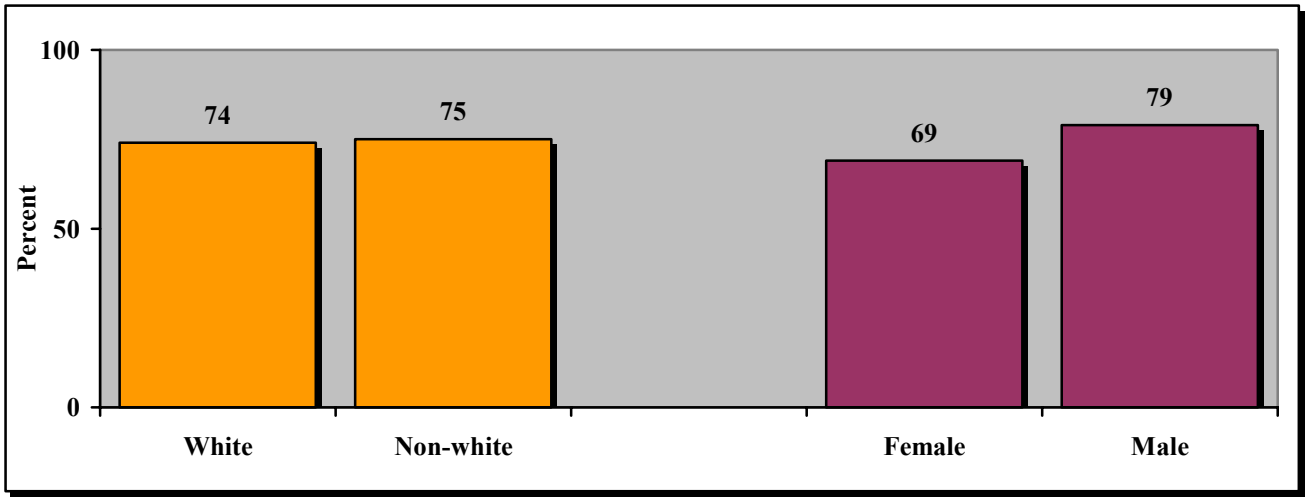
Question: How often do you eat fruits, green salad or other vegetables, or drink fruit juice per day?

Table 2: Consumption of fruits and vegetables, by race and gender

		Consume 5 or more times per day	Consume less than 5 times per day
Race			
White	**%**	**26**	**74**
	CI	(19.9-32.4)	(67.6-80.1)
	n	738	
Non-White	**%**	**25**	**75**
	CI	(9.9-39.3)	(60.7-90.1)
	n	49	
Gender			
Female	**%**	**31**	**69**
	CI	(22.1-40.2)	(59.8-77.9)
	n	491	
Male	%	**21**	**79**
	CI	(13.7-27.3)	(72.7-86.3)
	n	299	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they consumed fruits and vegetables fewer than five times per day, by race, and gender



Fruits and Vegetables (continued)

Table 3: Consumption of fruits and vegetables, by age, education, and income

		Consume 5 or more times per day	Consume less than 5 times per day
Age			
18-39	**%**	**29**	**71**
	CI	(17.7-39.5)	(60.5-82.2)
	n	177	
40-64	**%**	**22**	**78**
	CI	(17.7-26.7)	(73.3-82.3)
	n	373	
65+	**%**	**25**	**75**
	CI	(18.9-31.6)	(68.4-81.1)
	n	227	
Education			
< High School Education	**%**	**21**	**79**
	CI	(4.2-38.3)	(61.7-95.8)
	n	93	
High School Graduate	**%**	**21**	**79**
	CI	(11.8-30.2)	(69.8-88.2)
	n	416	
College Graduate	**%**	**36**	**64**
	CI	(28.9-43.0)	(57.0-71.0)
	n	277	
Income			
<$20,000	**%**	**22**	**78**
	CI	(9.9-34.0)	(66.0-90.1)
	n	128	
$20,000-$50,000	**%**	**22**	**78**
	CI	(16.2-28.1)	(71.9-83.8)
	n	287	
>$50,000	**%**	**27**	**73**
	CI	(20.7-34.0)	(66.0-79.3)
	n	272	

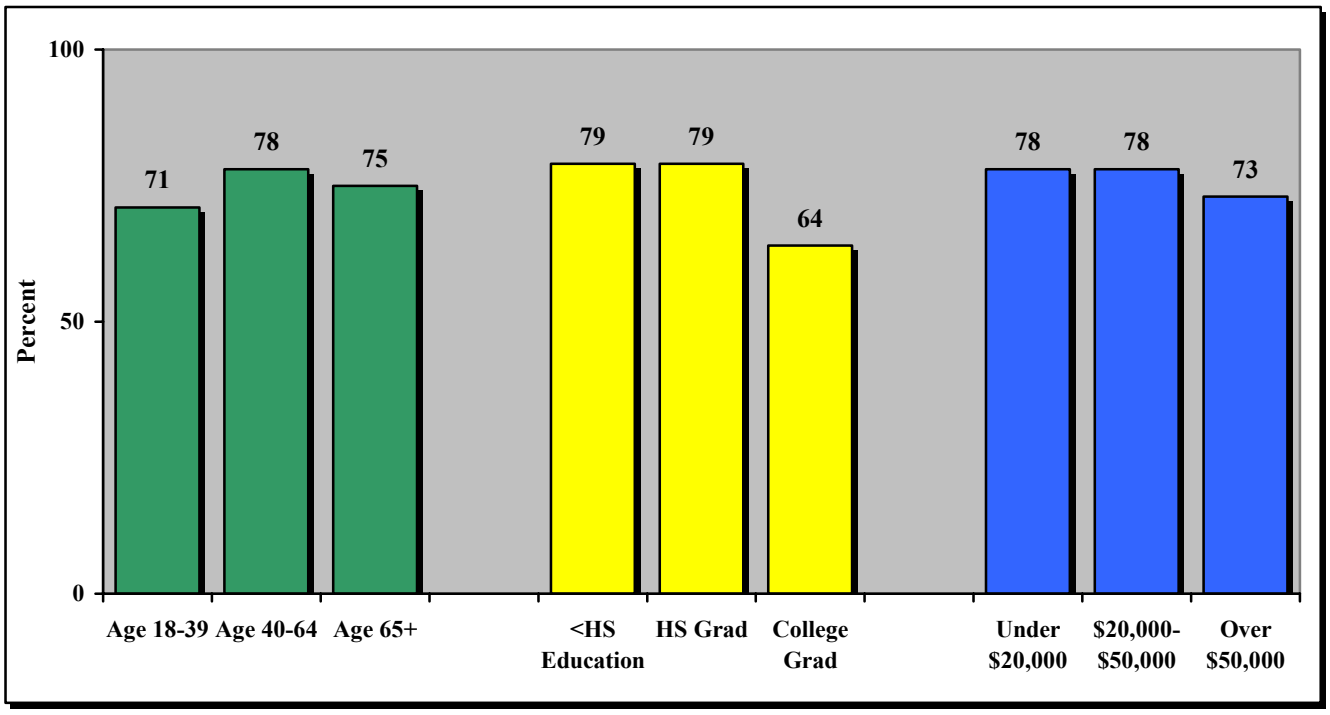
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Fruits and Vegetables (continued)

Question: How often do you eat fruits, green salad or other vegetables, or drink fruit juice per day?

Risk Factor Definition: Fewer than 5 fruits and vegetables per day

Figure 3: Percentage of respondents who reported that they consumed fruits and vegetables fewer than five times per day, by age, education, and income



Fruits and Vegetables (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

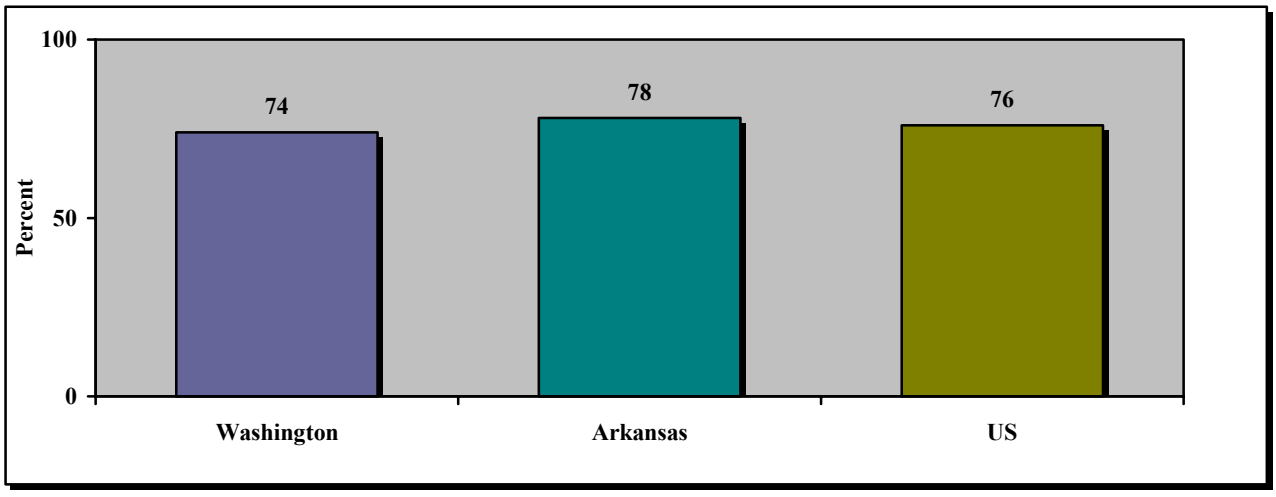
Comparing reported findings on: Fruits and vegetables

Table 4: Consumption of fruits and vegetables

		Consume 5 or more times per day	Consume less than 5 times per day
Washington County	**%**	**26**	**74**
	CI	(20.0-31.7)	(68.3-80.0)
	n	790	
Arkansas	**%**	**22**	**78**
	CI	(20.4-23.2)	(76.8-79.6)
	n	5605	
US	**^%**	**24**	**76**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on consumption of fruits and vegetables fewer than five times per day



Fruits and Vegetables (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Fruits and vegetables

Table 5: Consumption of fruits and vegetables

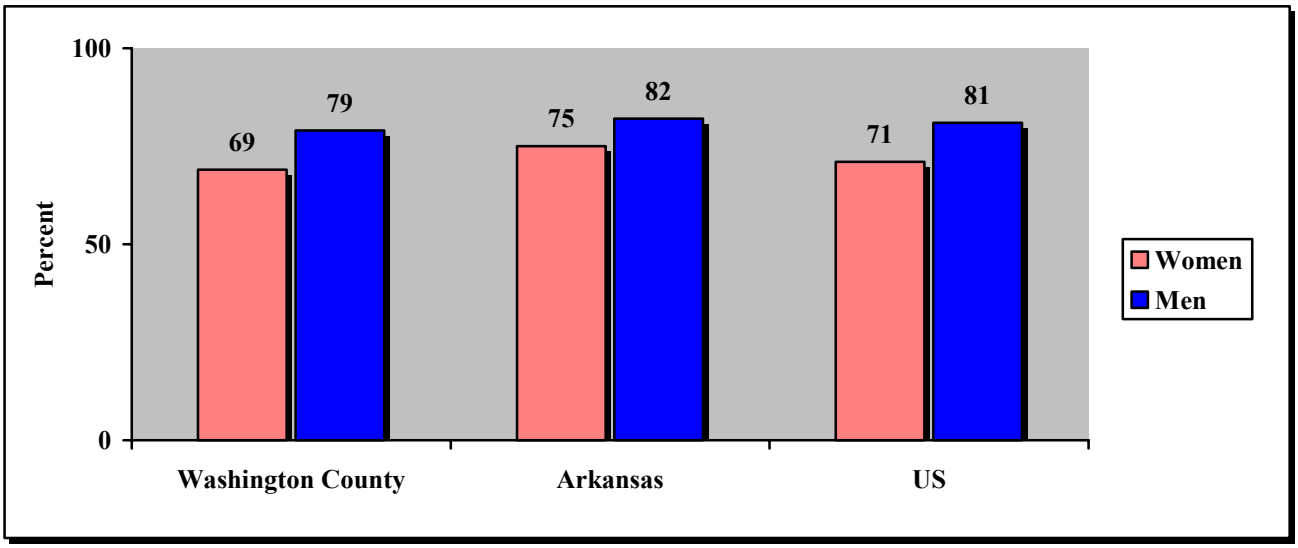
		Consume 5 or more times per day	Consume less than 5 times per day
Washington County			
Female	**%**	**31**	**69**
	CI	(22.1-40.2)	(59.8-77.9)
	n	491	
Male	**%**	**21**	**79**
	CI	(13.7-27.3)	(72.7-86.3)
	n	299	
Arkansas			
Female	**%**	**25**	**75**
	CI	(23.3-27.3)	(72.7-76.7)
	n	3604	
Male	**%**	**18**	**82**
	CI	(15.8-20.2)	(79.8-84.2)
	n	2001	
US			
Female	**%**	**29**	**71**
	n	51	
Male	**%**	**19**	**81**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Fruits and Vegetables (continued)

Comparing reported findings on: Physical activity

Figure 5: Comparing reported findings on consumption of fruits and vegetables fewer than five times per day, by gender



Disability

Survey respondents were asked about health problems or impairments they had. These include impairments that are either present at birth or acquired from illness or injury. People with disabilities face special challenges related to health, productivity, independence, and quality of life.

Limitations due physical, mental, or emotional problems

Risk Factor Definition: Limitations due to physical, mental, or emotional problems

Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Washington County?

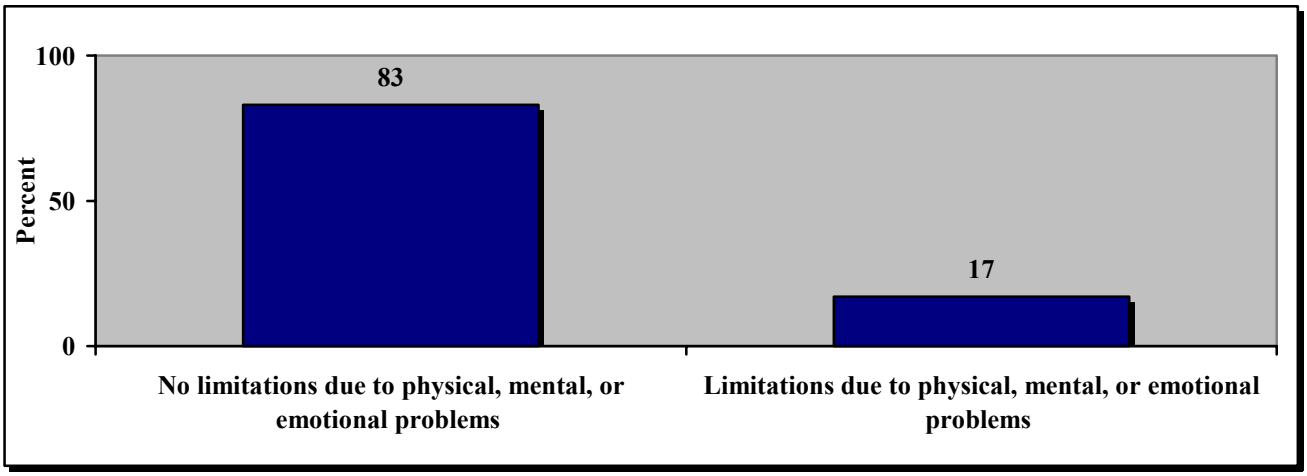
- **Seventeen percent (17%)** of adults in Washington County reported that they had some activity limitations due to physical, mental, or emotional problems.

Table 1: Limitations due to physical, mental, or emotional problems

	No limitations	Limitations
%	83	17
CI	(80.0-86.3)	(13.7-20.0)
n	789	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Limitations due to physical, mental, or emotional problems



Disability (continued)

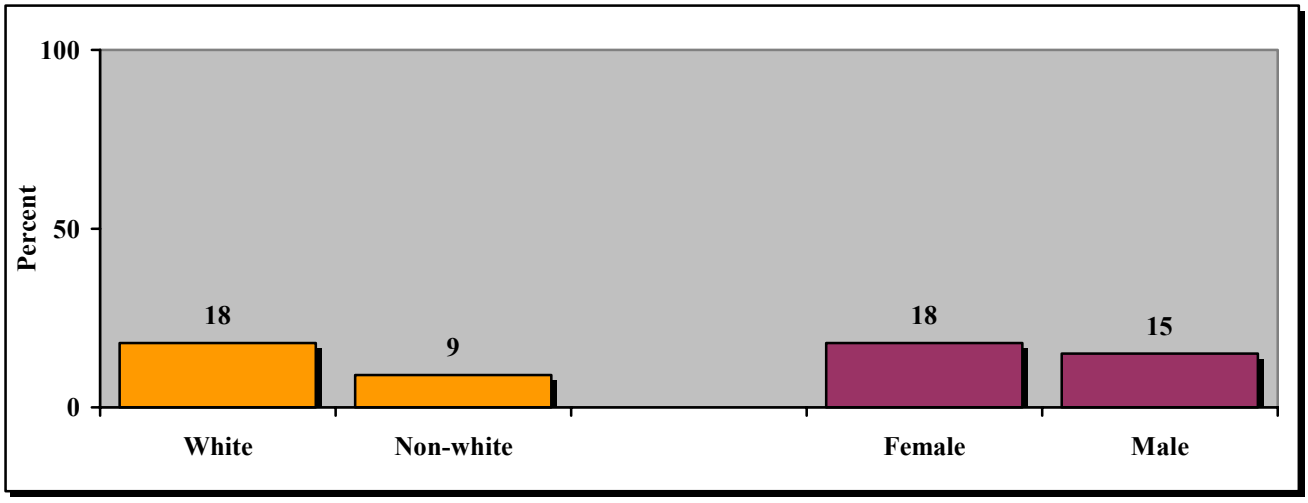
Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

Table 2: Limitations due to physical, mental, or emotional problems, by race and gender

		No limitations	Limitations
Race			
White	**%**	**82**	**18**
	CI	(79.0-85.5)	(14.5-21.0)
	n	737	
Non-White	**%**	**91**	**9**
	CI	(80.5-100.0)	(0.0-19.5)
	n	49	
Gender			
Female	**%**	**82**	**18**
	CI	(77.5-86.1)	(13.9-22.5)
	n	490	
Male	%	**85**	**15**
	CI	(80.0-89.0)	(11.0-20.0)
	n	299	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had some activity limitations due to physical, mental, or emotional problems, by race, and gender



Disability (continued)

Table 3: Limitations due to physical, mental, or emotional problems, by age, education, and income

		No limitations	Limitations
Age			
18-39	**%**	**94**	**6**
	CI	(89.7-97.4)	(2.6-10.3)
	n	177	
40-64	**%**	**75**	**25**
	CI	(70.4-80.3)	(19.7-29.6)
	n	372	
65+	**%**	**66**	**34**
	CI	(58.5-72.5)	(27.5-41.5)
	n	227	
Education			
< High School Education	**%**	**83**	**17**
	CI	(74.2-91.0)	(9.0-25.8)
	n	94	
High School Graduate	**%**	**82**	**18**
	CI	(77.5-86.8)	(13.2-22.5)
	n	414	
College Graduate	**%**	**85**	**15**
	CI	(80.7-89.8)	(10.2-19.3)
	n	277	
Income			
<$20,000	**%**	**70**	**30**
	CI	(59.1-80.0)	(20.0-40.8)
	n	127	
$20,000-$50,000	**%**	**83**	**17**
	CI	(77.9-87.7)	(12.3-22.1)
	n	287	
>$50,000	**%**	**88**	**12**
	CI	(83.5-92.3)	(7.7-16.5)
	n	272	

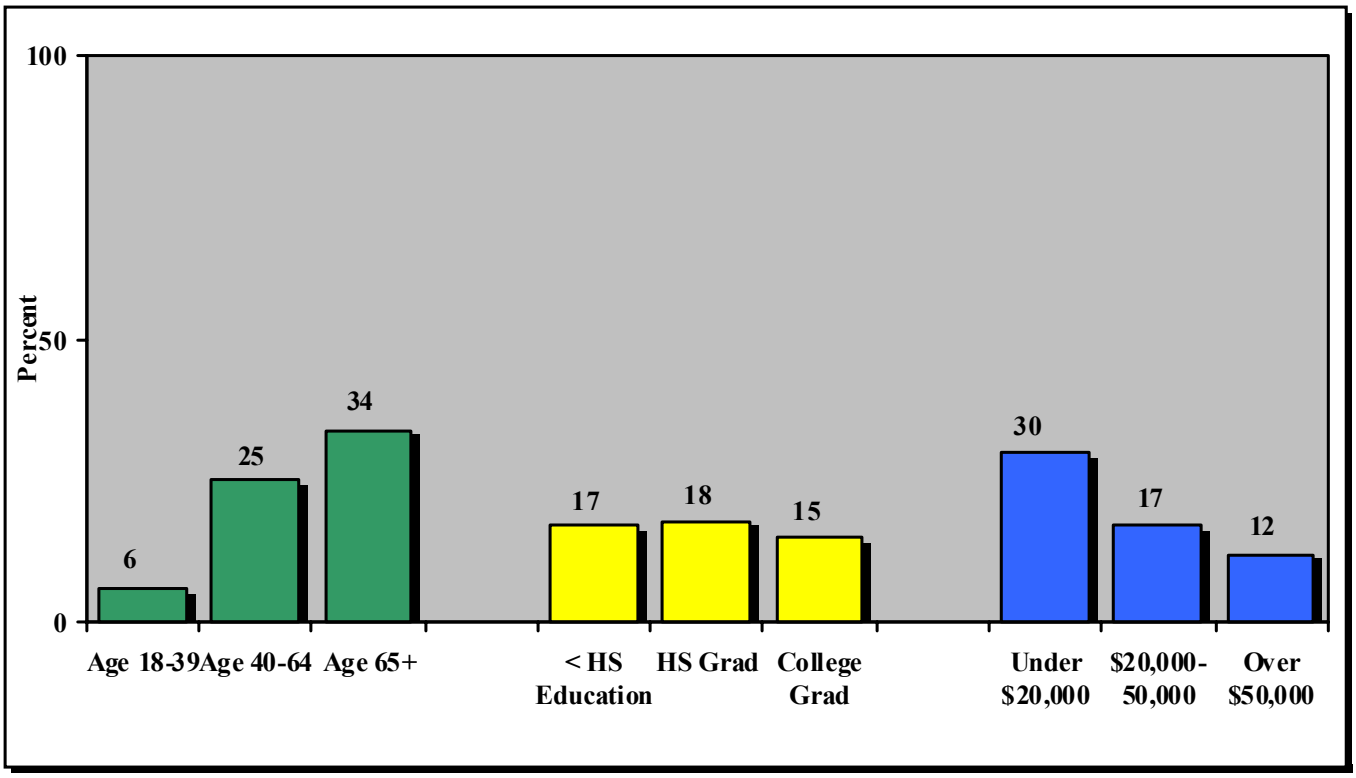
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Disability (continued)

Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

Risk Factor Definition: Limitations due to physical, mental, or emotional problems

Figure 3: Percentage of respondents who reported that they had some activity limitations due to physical, mental, or emotional problems, by age, education, and income



Disability (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

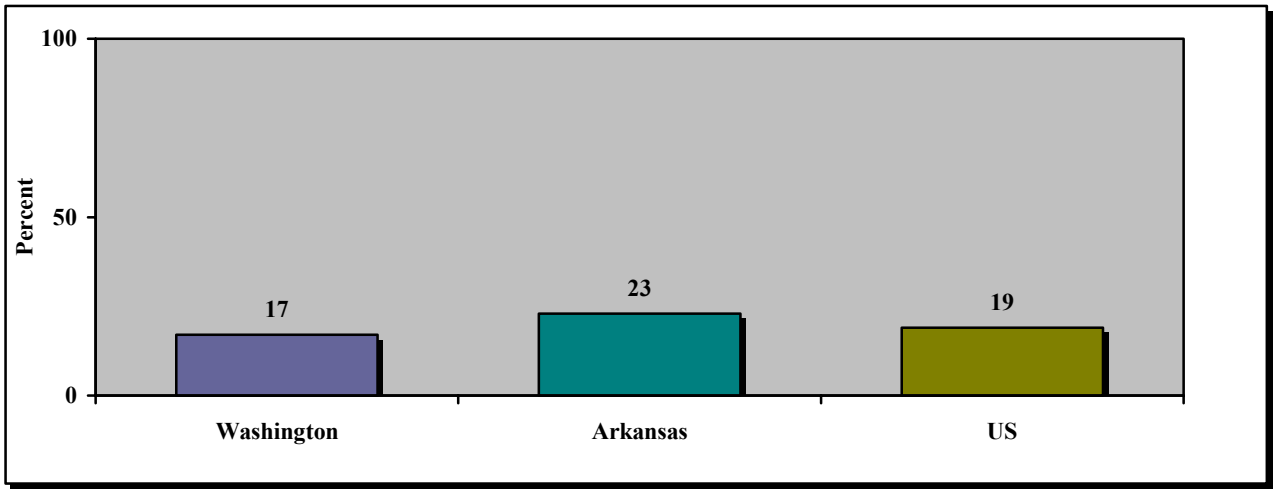
Comparing reported findings on: Limitations due to physical, mental, or emotional problems

Table 4: Limitations due to physical, mental, or emotional problems

		No limitations	Limitations
Washington County	**%**	**83**	**17**
	CI	(80.0-86.3)	(13.7-20.0)
	n	789	
Arkansas	**%**	**77**	**23**
	CI	(75.5-78.3)	(21.7-24.5)
	n	5638	
US	**^%**	**81**	**19**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on limitations due to physical, mental, or emotional problems



Disability (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Limitations due to physical, mental, or emotional problems

Table 5: Limitations due to physical, mental, or emotional problems, by gender

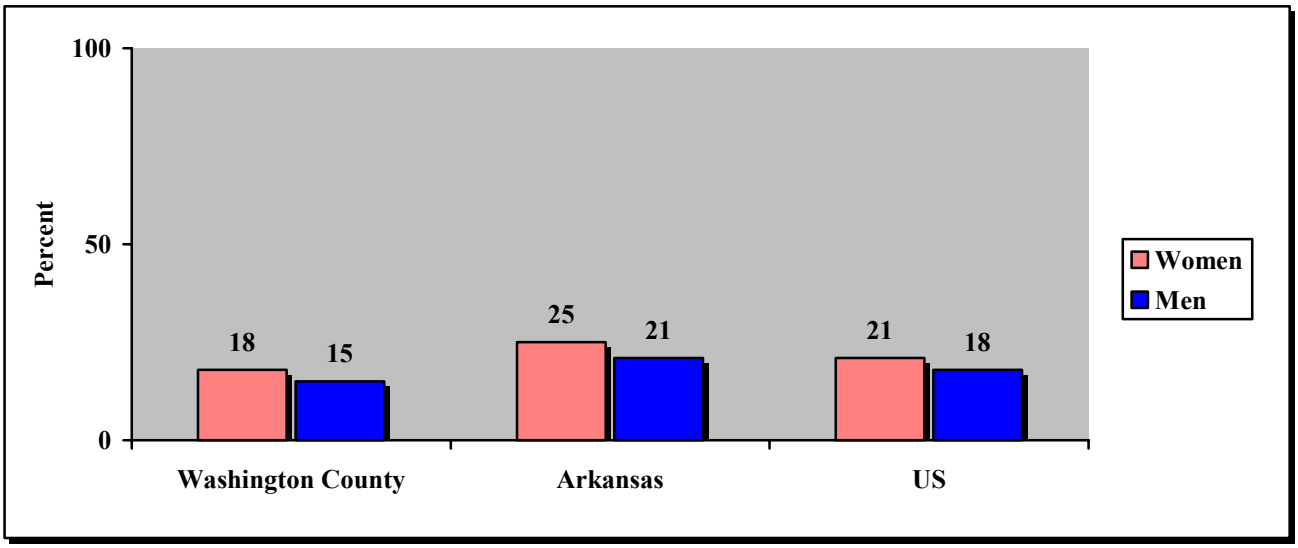
		No limitations	Limitations
Washington County			
Female	**%**	**82**	**18**
	CI	(77.5-86.1)	(13.9-22.5)
	n	490	
Male	**%**	**85**	**15**
	CI	(56.8-70.7)	(11.0-20.0)
	n	299	
Arkansas			
Female	**%**	**75**	**25**
	CI	(73.5-77.1)	(22.9-26.5)
	n	3622	
Male	**%**	**79**	**21**
	CI	(76.5-80.9)	(19.1-23.5)
	n	2016	
US			
Female	**%**	**79**	**21**
	n	51	
Male	**%**	**83**	**18**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Disability (continued)

Comparing reported findings on: Limitations due to physical, mental, or emotional problems

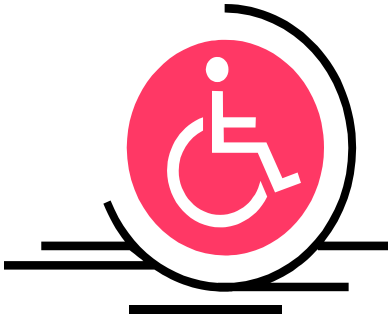
Figure 5: Comparing reported findings on limitations due to physical, mental, or emotional problems, by gender



Disability (continued)

Use of special equipment

Risk Factor Definition: Use of special equipment



Question: Do you have any health problem that requires you to use special equipment, such as a cane, a wheelchair, or special telephone?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Washington County?

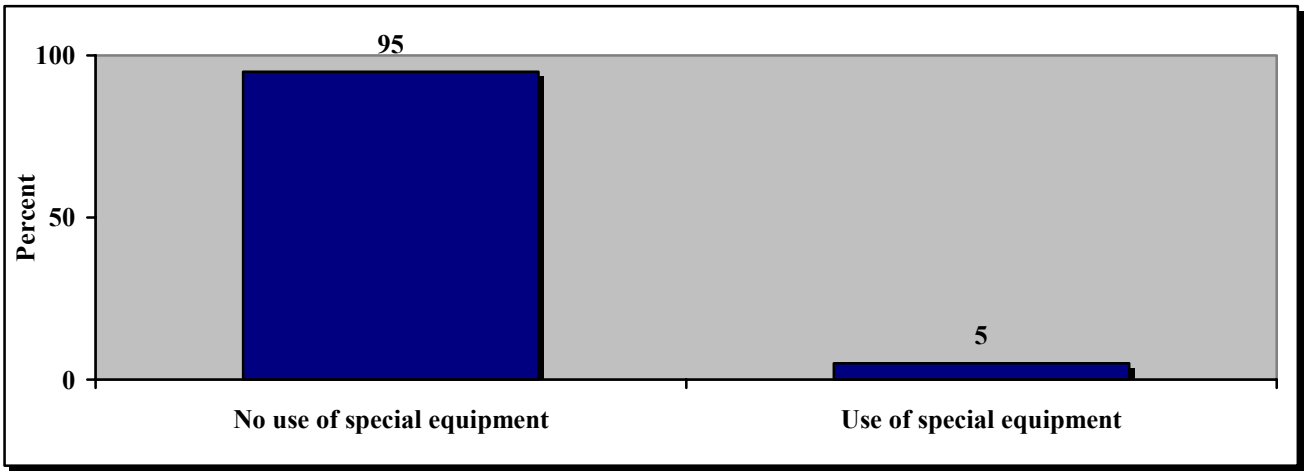
- **Five percent (5%)** of adults in Washington County reported that they use special equipment.

Table 6: Use of special equipment

	No use of special equipment	Use of special equipment
%	**95**	**5**
CI	(93.6-96.4)	(3.6-6.4)
n	790	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 6: Use of special equipment



Disability (continued)

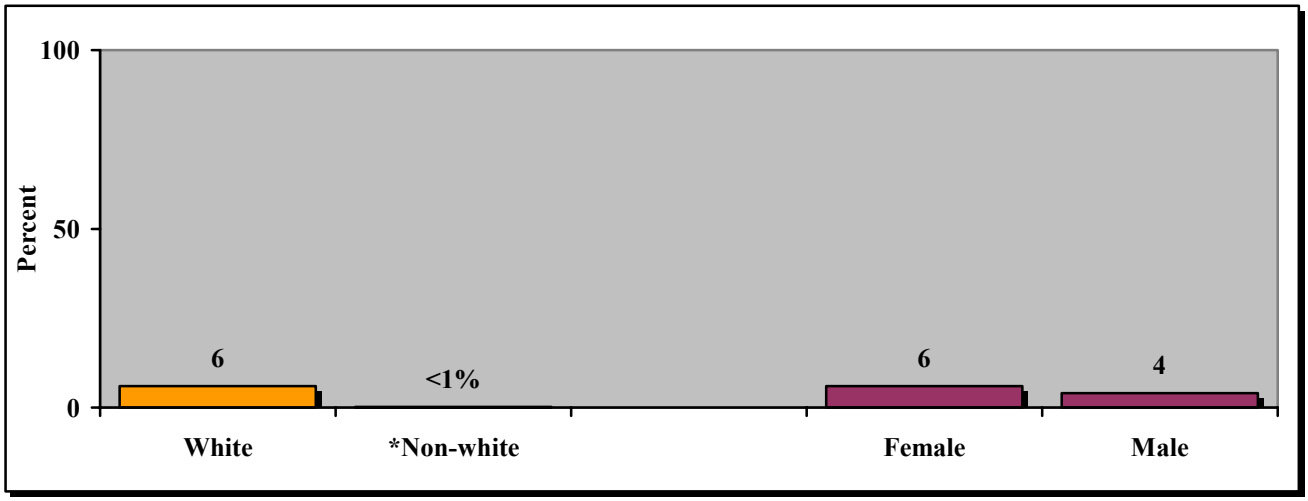
Question: Do you have any health problem that requires you to use special equipment, such as a cane, a wheelchair, or special telephone?

Table 7: Use special equipment, by race and gender

		No use of special equipment	Use of special equipment
Race			
White	**%**	**94**	**6**
	CI	(93.0-96.0)	(4.0-7.0)
	n	738	
Non-White	**%**	**100**	**<1**
	CI	(99.5-100.0)	(0.0-0.5)
	n	49	
Gender			
Female	**%**	**94**	**6**
	CI	(91.4-95.7)	(4.3-8.6)
	n	491	
Male	%	**96**	**4**
	CI	(94.7-98.2)	(1.8-5.3)
	n	299	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Percentage of respondents who reported that use special equipment, by race, and gender



* Less than one percent

Disability (continued)

Table 8: Use of special equipment, by age, education, and income

		No use of special equipment	Use of special equipment
Age			
18-39	**%**	**99**	**1**
	CI	(98.2-100.0)	(0.0-1.8)
	n	177	
40-64	**%**	**95**	**5**
	CI	(92.3-97.0)	(3.0-7.7)
	n	373	
65+	**%**	**79**	**21**
	CI	(73.7-85.2)	(14.8-26.3)
	n	227	
Education			
< High School Education	**%**	**93**	**7**
	CI	(88.3-97.9)	(2.1-11.7)
	n	94	
High School Graduate	**%**	**96**	**4**
	CI	(94.9-97.8)	(2.2-5.1)
	n	415	
College Graduate	**%**	**94**	**6**
	CI	(90.9-96.6)	(3.4-9.1)
	n	277	
Income			
<$20,000	**%**	**87**	**13**
	CI	(81.2-92.9)	(7.1-18.8)
	n	128	
$20,000-$50,000	**%**	**96**	**4**
	CI	(94.3-98.4)	(1.6-5.7)
	n	287	
>$50,000	**%**	**97**	**3**
	CI	(95.4-99.2)	(0.8-4.6)
	n	272	

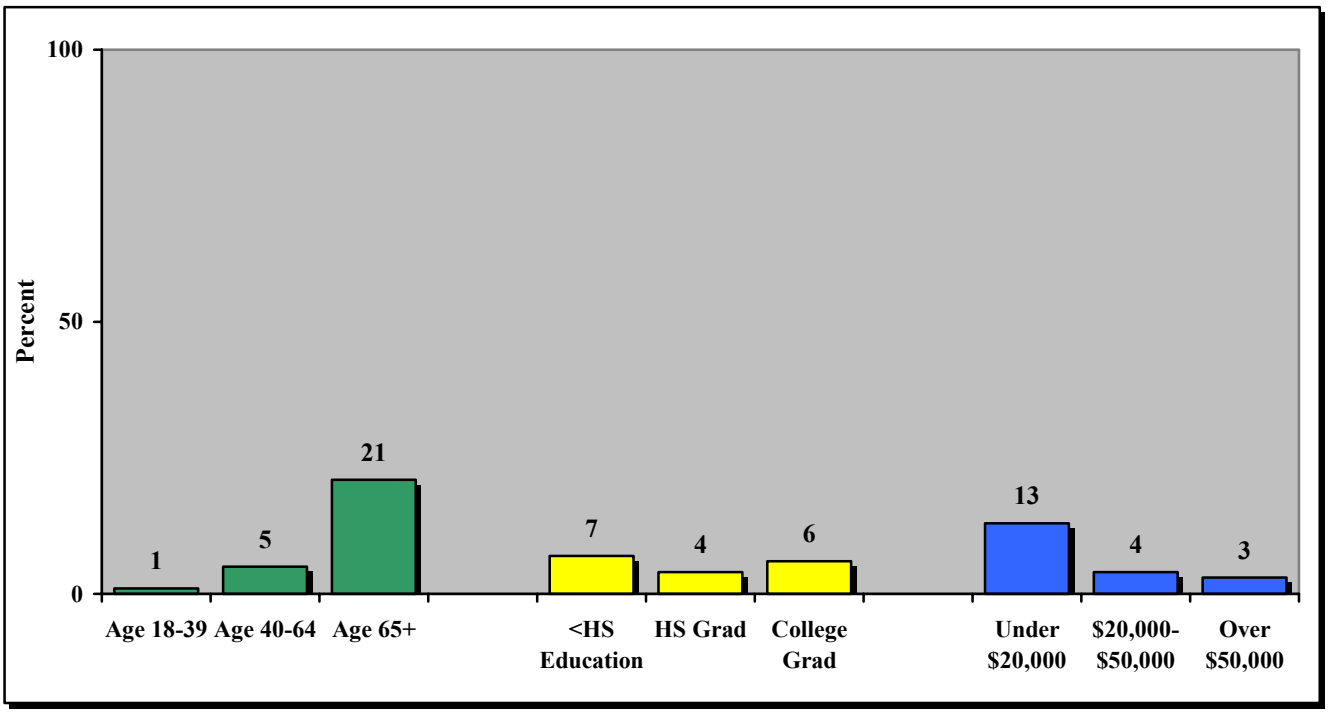
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Disability (continued)

Question: Do you have any health problem that requires you to use special equipment, such as a cane, a wheelchair, or special telephone?

Risk Factor Definition: Use of special equipment

Figure 8: Percentage of respondents who reported that they use special equipment, by age, education, and income



Disability (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

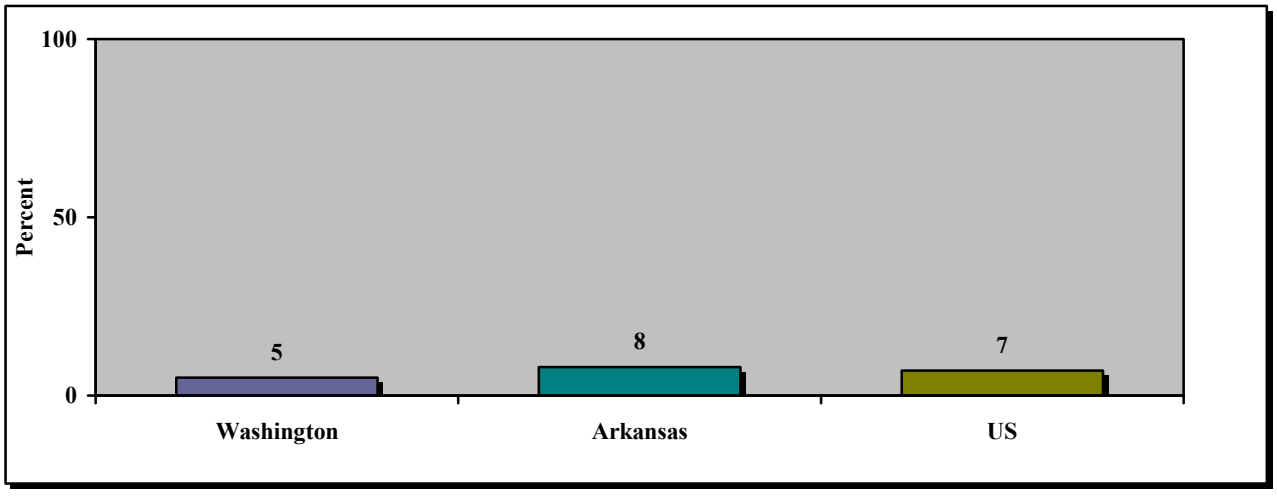
Comparing reported findings on: Use of special equipment

Table 9: Use of special equipment

		No use of special equipment	Use of special equipment
Washington County	**%**	**95**	**5**
	CI	(93.6-96.4)	(3.6-6.4)
	n	790	
Arkansas	**%**	**92**	**8**
	CI	(91.6-93.2)	(6.8-8.4)
	n	5658	
US	**^%**	**93**	**7**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 9: Comparing reported findings on use of special equipment



Disability (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Use of special equipment

Table 10: Use of special equipment, by gender

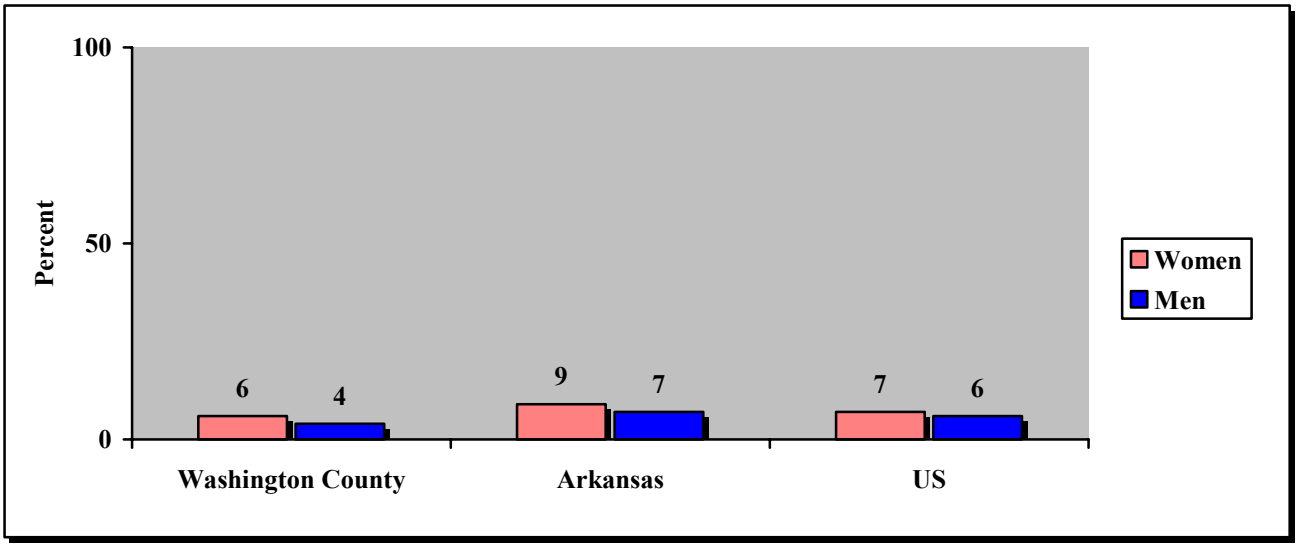
		No use of special equipment	Use of special equipment
Washington County			
Female	**%**	**94**	**6**
	CI	(91.4-95.7)	(4.3-8.6)
	n	491	
Male	**%**	**96**	**4**
	CI	(94.7-98.2)	(1.8-5.3)
	n	299	
Arkansas			
Female	**%**	**92**	**9**
	CI	(90.5-92.5)	(7.5-9.5)
	n	3637	
Male	**%**	**93**	**7**
	CI	(92.1-94.5)	(5.5-7.9)
	n	2021	
US			
Female	**%**	**93**	**7**
	n	51	
Male	**%**	**94**	**6**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Disability (continued)

Comparing reported findings on: Use of special equipment

Figure 10: Comparing reported findings on use of special equipment, by gender



Disability (continued)

Social and emotional support

Question: How often do you get the social and emotional support you need?

Risk Factor Definition: "Rarely" or "never" get needed social and emotional support

Who is at risk in Washington County?

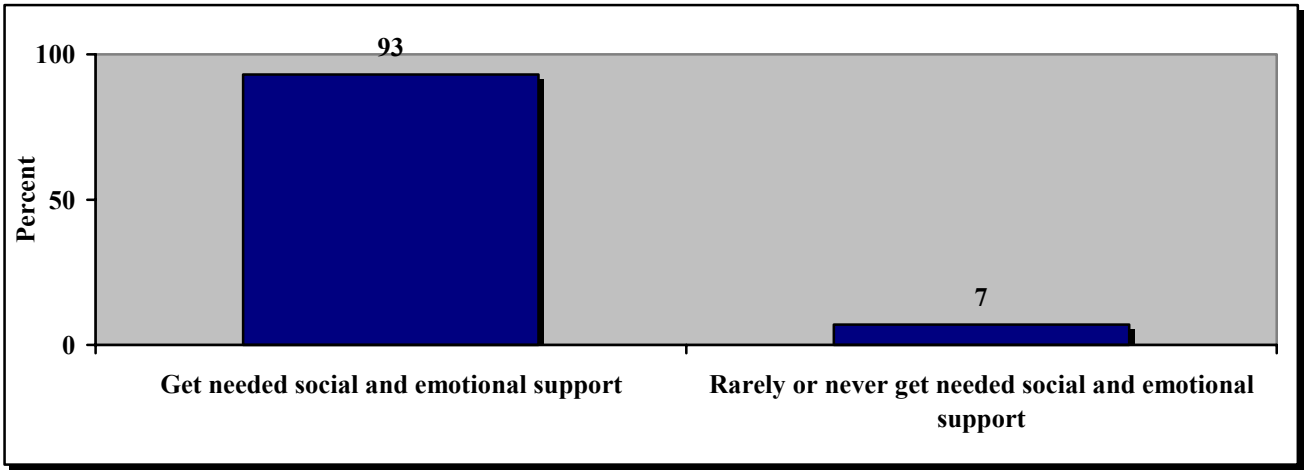
- **Seven percent (7%)** of adults in Washington County reported that they rarely or never get needed social and emotional support.

Table 11: Social and emotional support

	Get needed social and emotional support	Rarely or never get needed social and emotional support
%	93	7
CI	(89.9-95.9)	(4.1-10.1)
n	782	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 11: Social and emotional support



Disability (continued)

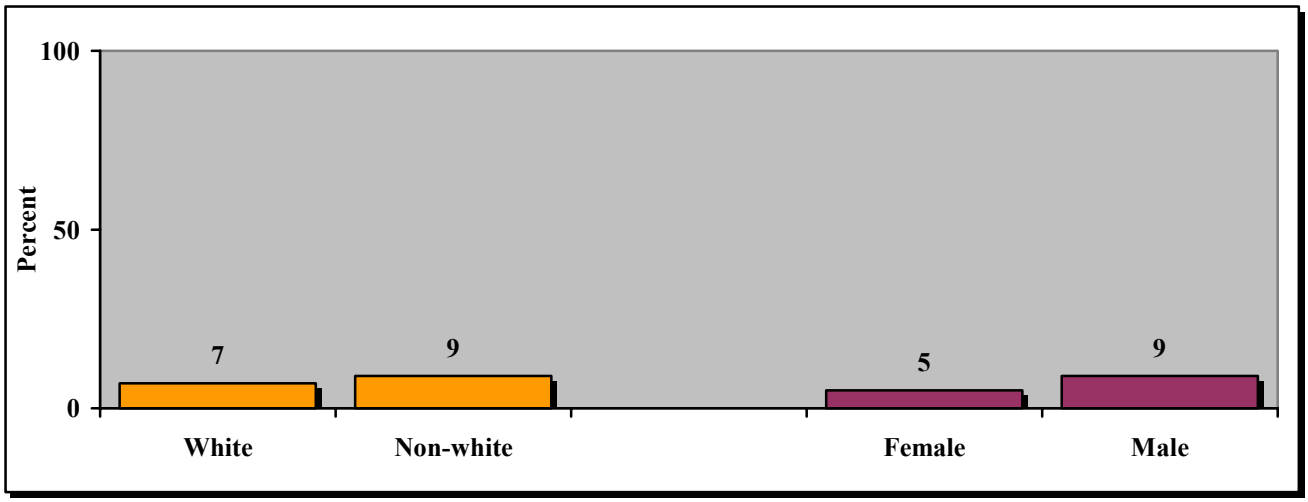
Question: How often do you get the social and emotional support you need?

Table 12: Social and emotional support, by race and gender

		Get needed social and emotional support	Rarely or never get needed social and emotional support
Race			
White	**%**	**93**	**7**
	CI	(89.9-96.2)	(3.8-10.1)
	n	730	
Non-White	**%**	**91**	**9**
	CI	(79.7-100.0)	(0.0-20.3)
	n	49	
Gender			
Female	**%**	**95**	**5**
	CI	(92.8-97.1)	(2.9-7.2)
	n	486	
Male	%	**91**	**9**
	CI	(85.3-96.3)	(3.7-14.7)
	n	296	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 12: Percentage of respondents who reported that they rarely or never got needed social and emotional support, by race, and gender



Disability (continued)

Table 13: Social and emotional support, by age, education, and income

		Get needed social and emotional support	Rarely or never get needed social and emotional support
Age			
18-39	**%**	**93**	**7**
	CI	(87.4-98.5)	(1.5-12.6)
	n	177	
40-64	**%**	**95**	**5**
	CI	(92.3-97.4)	(2.6-7.7)
	n	371	
65+	**%**	**87**	**13**
	CI	(82.1-92.1)	(7.9-17.9)
	n	222	
Education			
< High School Education	**%**	**72**	**28**
	CI	(54.0-89.0)	(11.0-46.0)
	n	91	
High School Graduate	**%**	**95**	**5**
	CI	(92.7-97.5)	(2.5-7.3)
	n	412	
College Graduate	**%**	**97**	**3**
	CI	(95.0-99.0)	(1.0-5.0)
	n	276	
Income			
<$20,000	**%**	**91**	**9**
	CI	(85.6-96.9)	(3.1-14.4)
	n	127	
$20,000-$50,000	**%**	**90**	**10**
	CI	(85.3-94.8)	(5.2-14.7)
	n	284	
>$50,000	**%**	**99**	**1**
	CI	(97.3-100.0)	(0.0-2.7)
	n	270	

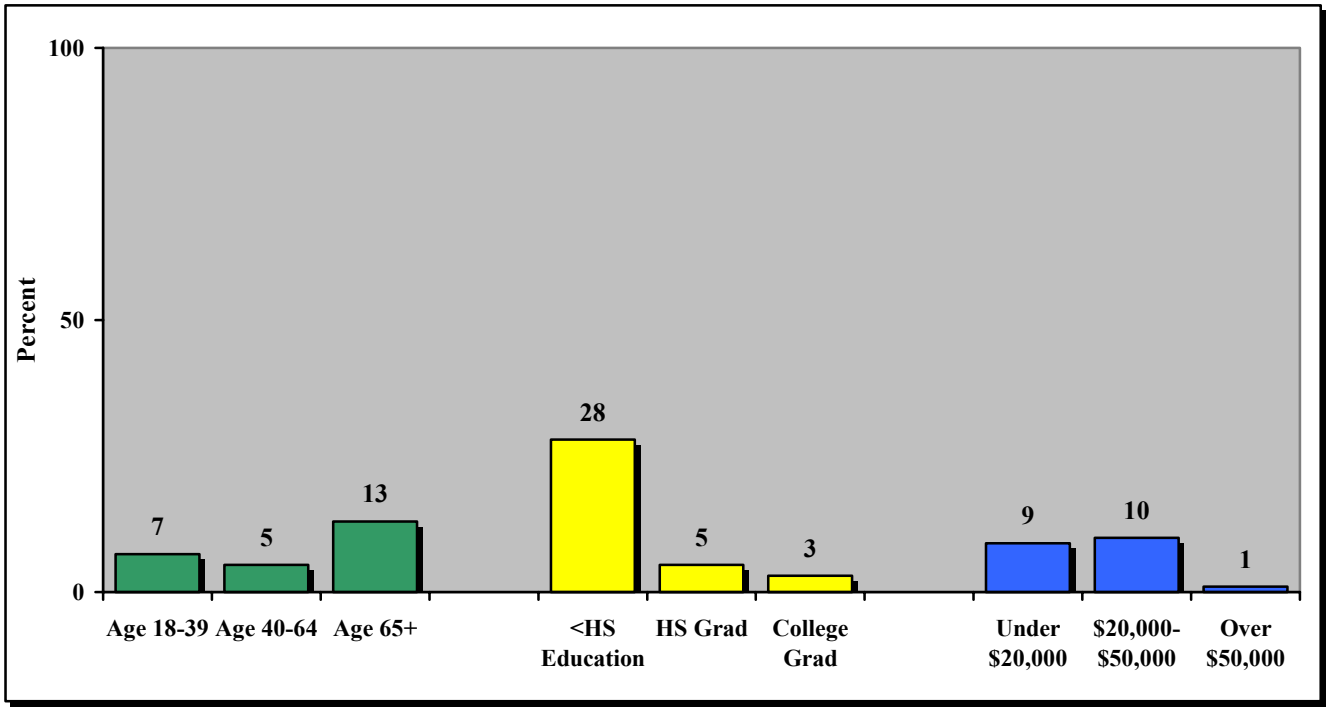
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Disability (continued)

Question: How often do you get the social and emotional support you need?

Risk Factor Definition: "Rarely" or "never" get needed social and emotional support

Figure 13: Percentage of respondents who reported that they rarely or never got needed social and emotional support, by age, education, and income



Disability (continued)

Dissatisfaction with life

Question: In general, how satisfied are with your life?

Risk Factor Definition: "Dissatisfied" or "very dissatisfied" with life

Who is at risk in Washington County?

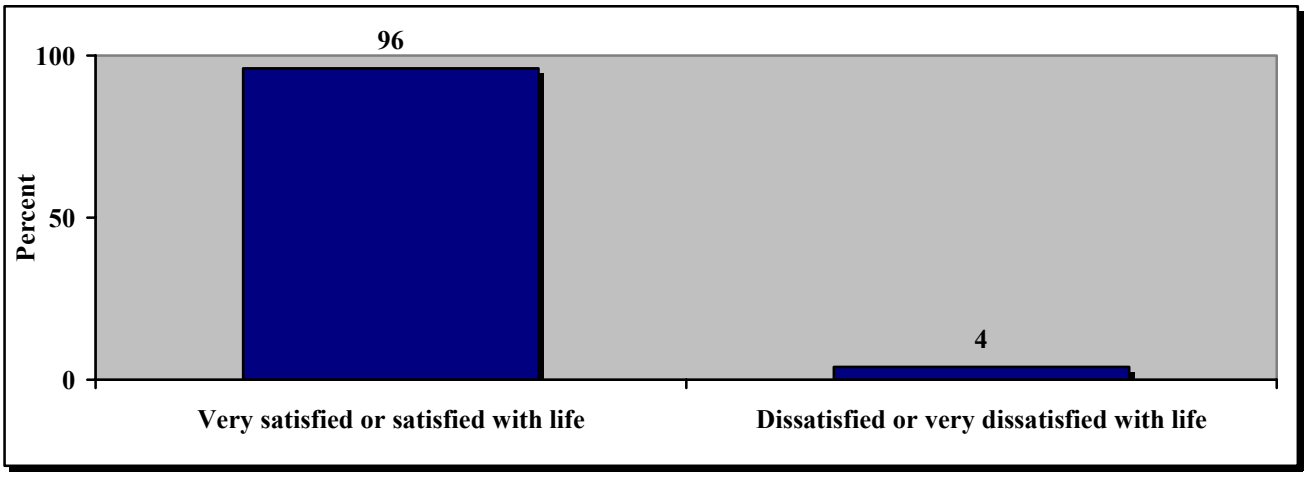
- **Four percent (4%)** of adults in Washington County reported that they were dissatisfied with life.

Table 14: Satisfaction with life

	Very satisfied or satisfied with life	Dissatisfied or very dissatisfied with life
%	96	4
CI	(94.9-98.0)	(2.0-5.1)
n	782	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 14: Satisfaction with life



Disability (continued)

Question: In general, how satisfied are you with life?

Table 15: Satisfaction with life, by race and gender

		Very satisfied or satisfied with life	Dissatisfied or very dissatisfied with life
Race			
White	**%**	**97**	**3**
	CI	(95.7-98.3)	(1.7-4.3)
	n	730	
Non-White	**%**	**91**	**9**
	CI	(79.7-100.0)	(0.0-20.3)
	n	49	
Gender			
Female	**%**	**96**	**4**
	CI	(93.5-97.9)	(2.1-6.5)
	n	488	
Male	%	**97**	**3**
	CI	(94.9-99.4)	(0.6-5.1)
	n	294	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 15: Percentage of respondents who reported that they were dissatisfied or very dissatisfied with life, by race, and gender

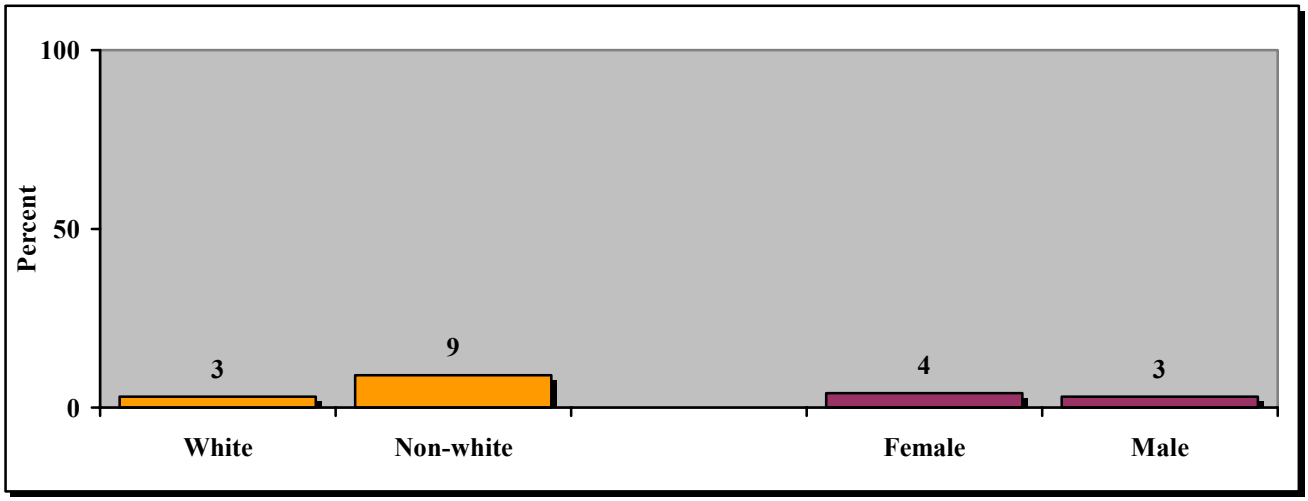


Table 16: In general, how satisfied are you with life, by age, education, and income

		Very satisfied or satisfied with life	Dissatisfied or very dissatisfied with life
Age			
18-39	**%**	**97**	**3**
	CI	(94.4-99.4)	(0.6-5.6)
	n	177	
40-64	**%**	**95**	**5**
	CI	(93.0-97.9)	(2.1-7.0)
	n	370	
65+	**%**	**97**	**3**
	CI	(95.3-99.1)	(0.9-4.7)
	n	222	
Education			
< High School Education	**%**	**94**	**6**
	CI	(88.0-99.8)	(0.2-12.0)
	n	91	
High School Graduate	**%**	**96**	**4**
	CI	(93.3-98.1)	(1.9-6.7)
	n	412	
College Graduate	**%**	**99**	**1**
	CI	(97.4-100.0)	(0.0-2.6)
	n	275	
Income			
<$20,000	**%**	**90**	**10**
	CI	(83.2-96.0)	(4.0-16.8)
	n	127	
$20,000-$50,000	**%**	**96**	**4**
	CI	(93.8-98.9)	(1.1-6.2)
	n	283	
>$50,000	**%**	**99**	**1**
	CI	(97.4-100.0)	(0.0-2.6)
	n	271	

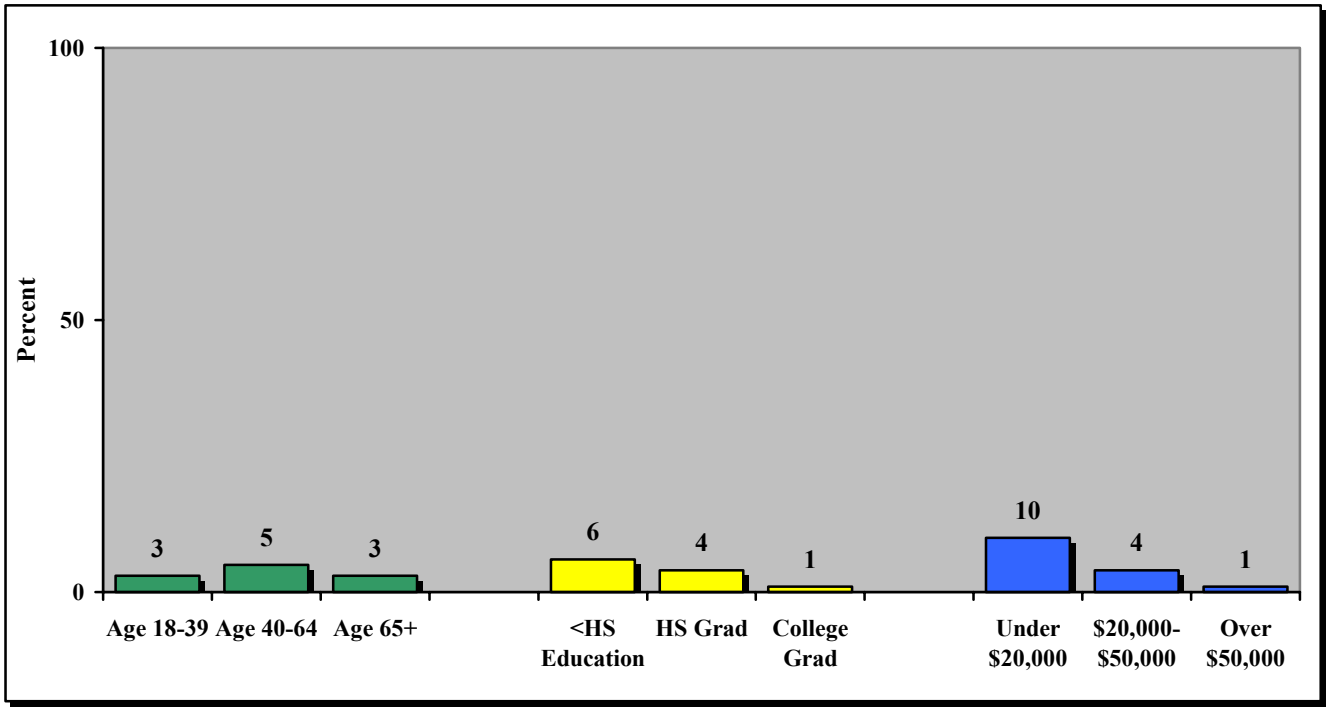
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Disability (continued)

Question: In general, how satisfied are with your life?

Risk Factor Definition: "Dissatisfied" or "very dissatisfied" with life

Figure 16: Percentage of respondents who reported that they were dissatisfied or very dissatisfied with life, by age, education, and income



Alcohol Consumption

Many serious problems are associated with alcohol use. These include violence and injury.

Any Alcoholic Drink

Risk Factor Definition: Had one drink of alcohol

Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

At Risk: Those who answered "yes" are considered at risk

Who is at risk in Washington County?

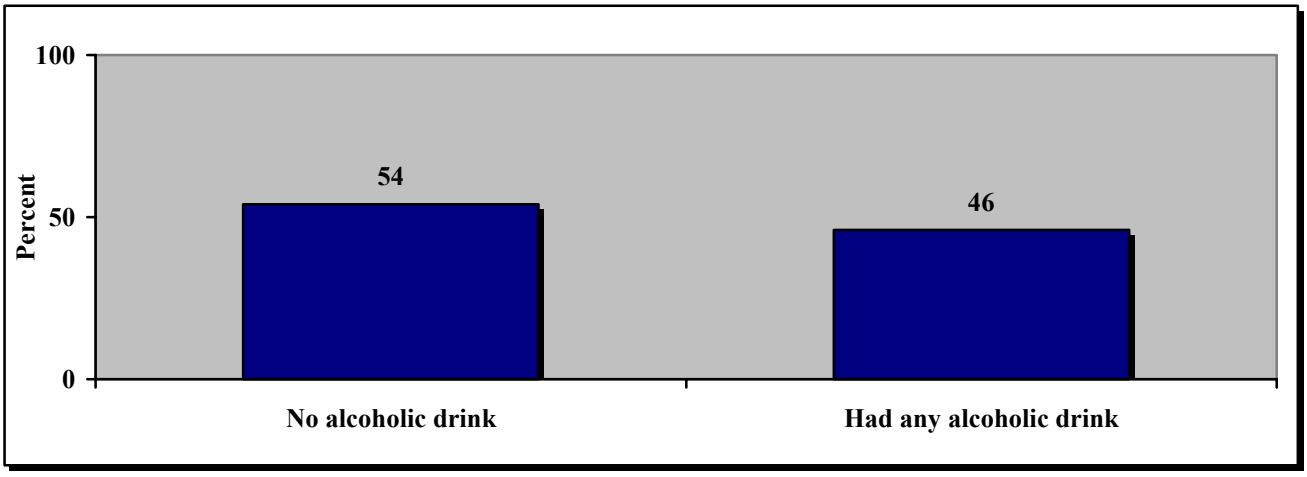
- **Forty-six percent (46%)** of the adults in Washington County reported that they had had at least one drink of an alcoholic beverage in the thirty days preceding the survey.

Table 1: Any alcoholic drink

	No alcoholic drink	Had an alcoholic drink
%	**54**	**46**
CI	(48.3-59.3)	(40.7-51.7)
n	797	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Any alcoholic drink



Alcohol Consumption (continued)

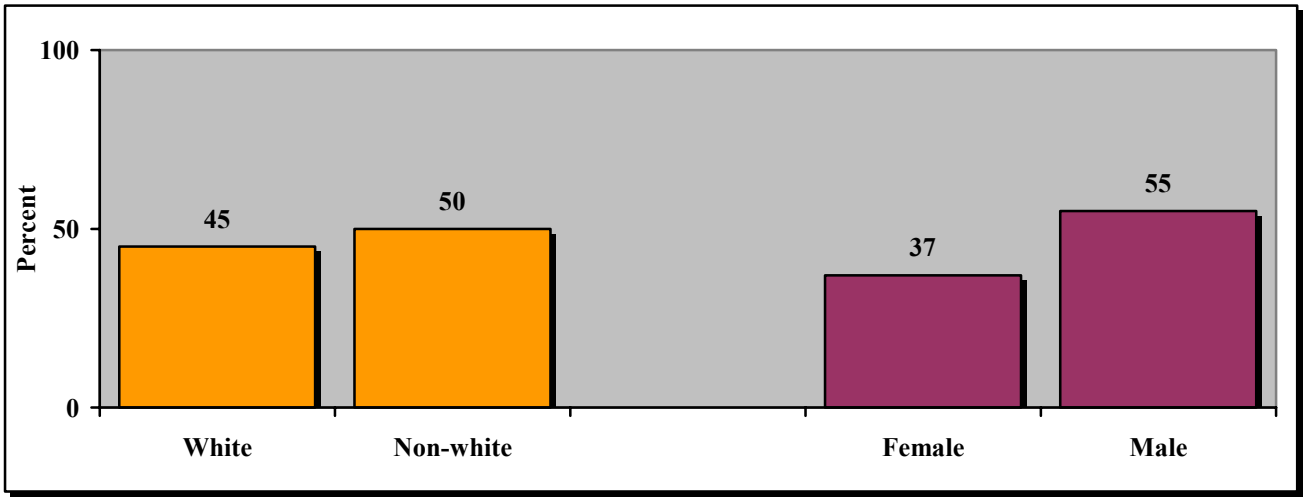
Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

Table 2: Any alcoholic drink, by race and gender

		No alcoholic drink	Had an alcoholic drink
Race			
White	**%**	**55**	**45**
	CI	(48.8-60.2)	(39.8-51.2)
	n	743	
Non-White	**%**	**50**	**50**
	CI	(31.0-68.8)	(31.2-69.0)
	n	49	
Gender			
Female	**%**	**63**	**37**
	CI	(55.6-69.4)	(30.6-44.4)
	n	497	
Male	%	**45**	**55**
	CI	(37.3-52.7)	(47.3-62.7)
	n	300	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Percentage of respondents who reported that they had had at least one drink of an alcoholic beverage in the thirty days preceding the survey, by race, and gender



Alcohol Consumption (continued)

Table 3: Any alcoholic drink, by age, education, and income

		No alcoholic drink	Had an alcoholic drink
Age			
18-39	**%**	**48**	**52**
	CI	(37.5-58.0)	(42.0-62.5)
	n	179	
40-64	**%**	**56**	**44**
	CI	(49.9-61.7)	(38.3-50.1)
	n	375	
65+	**%**	**72**	**28**
	CI	(65.7-78.4)	(21.6-34.3)
	n	230	
Education			
< High School Education	**%**	**74**	**26**
	CI	(56.2-91.5)	(8.4-43.8)
	n	95	
High School Graduate	**%**	**58**	**42**
	CI	(49.8-65.7)	(34.3-50.2)
	n	416	
College Graduate	**%**	**39**	**61**
	CI	(32.2-46.1)	(53.9-67.8)
	n	277	
Income			
<$20,000	**%**	**65**	**35**
	CI	(50.3-78.8)	(21.2-49.7)
	n	128	
$20,000-$50,000	**%**	**56**	**44**
	CI	(47.6-63.6)	(36.4-52.4)
	n	288	
>$50,000	**%**	**41**	**59**
	CI	(33.2-47.9)	(52.1-66.8)
	n	272	

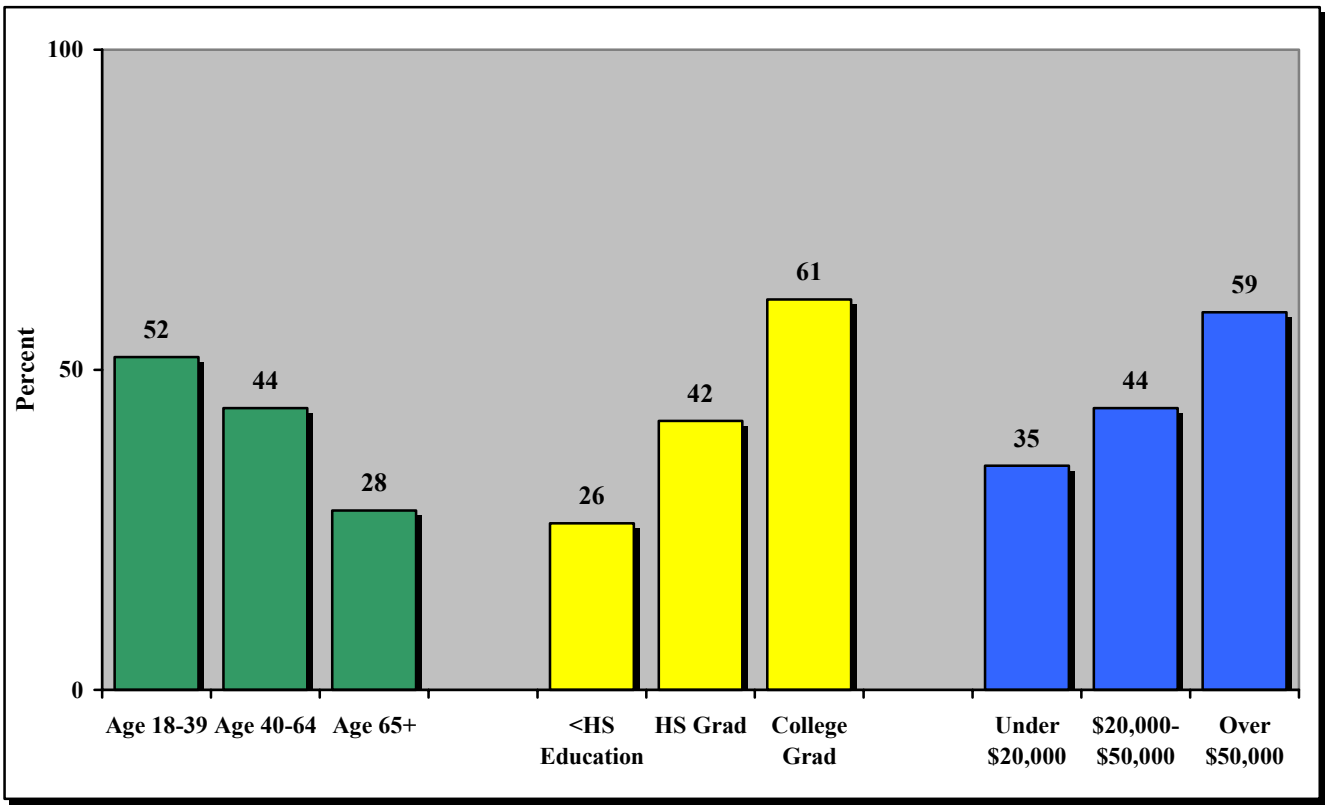
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Alcohol Consumption (continued)

Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

Risk Factor Definition: Had one drink of alcohol

Figure 3: Percentage of respondents who reported that they had had at least one drink of an alcoholic beverage in the thirty days preceding the survey, by, age, education, and income



Alcohol Consumption (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

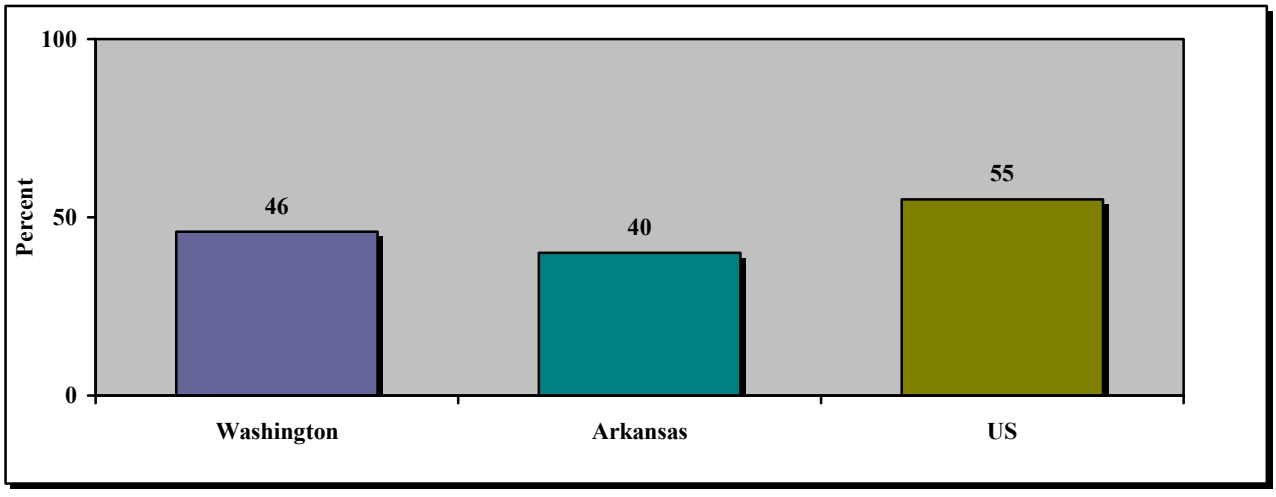
Comparing reported findings on: Any alcoholic drink

Table 4: Any alcoholic drink

		No alcoholic drink	Had an alcoholic drink
Washington County	**%**	**54**	**46**
	CI	(48.3-59.3)	(40.7-51.7)
	n	797	
Arkansas	**%**	**60**	**40**
	CI	(58.1-61.7)	(38.3-41.9)
	n	5705	
US	**^%**	**45**	**55**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 4: Comparing reported findings on had any alcoholic drink



Alcohol Consumption (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2007 state and nationwide BRFSS data.

Comparing reported findings on: Any alcoholic drink

Table 5: Any alcoholic drink, by gender

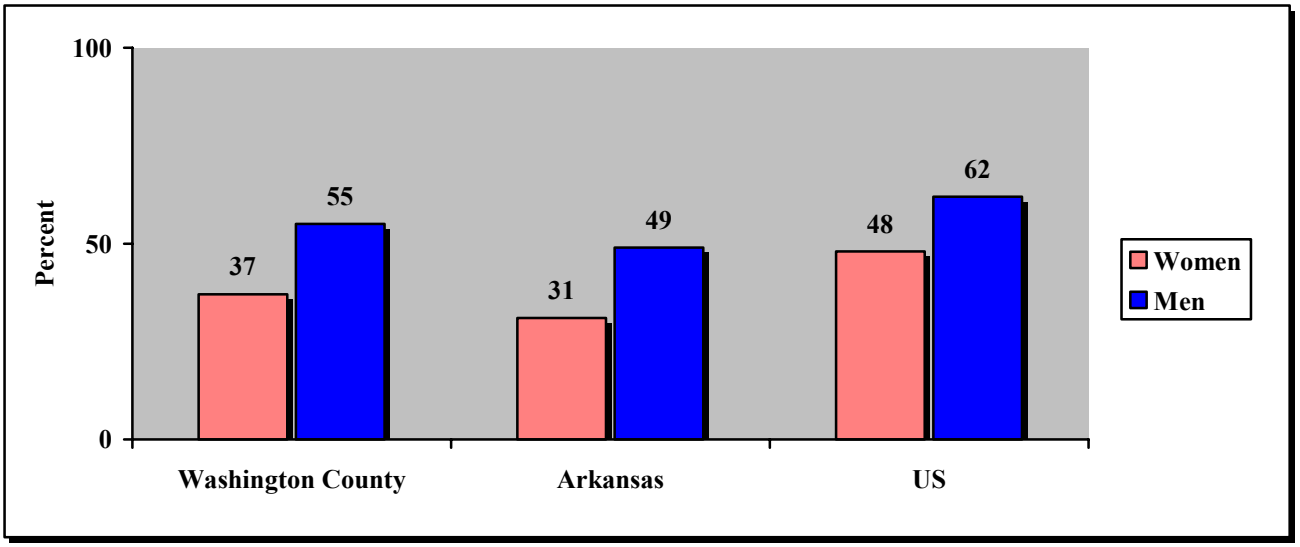
		No alcoholic drink	Had an alcoholic drink
Washington County			
Female	**%**	**63**	**37**
	CI	(55.6-69.4)	(30.6-44.4)
	n	497	
Male	**%**	**45**	**55**
	CI	(37.3-52.7)	(47.3-62.7)
	n	300	
Arkansas			
Female	**%**	**69**	**31**
	CI	(66.6-70.6)	(29.4-33.4)
	n	3678	
Male	**%**	**51**	**49**
	CI	(47.9-53.3)	(46.7-52.1)
	n	2029	
US			
Female	**%**	**52**	**48**
	n	51	
Male	**%**	**38**	**62**
	n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Alcohol Consumption (continued)

Comparing reported findings on: Any alcoholic drink

Figure 5: Comparing reported findings on had any alcoholic drink, by gender



Alcohol Consumption (continued)

Many serious problems are associated with alcohol use. These include violence and injury.

Risk Factor Definition: Binge drinking

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

At Risk: **Of those respondents who reported that they had at least one alcoholic drink in the thirty days preceding the survey,** those who reported that they had had five or more drinks in a row on one or more occasion during the past month are considered at risk.

Who is at risk in Washington County?

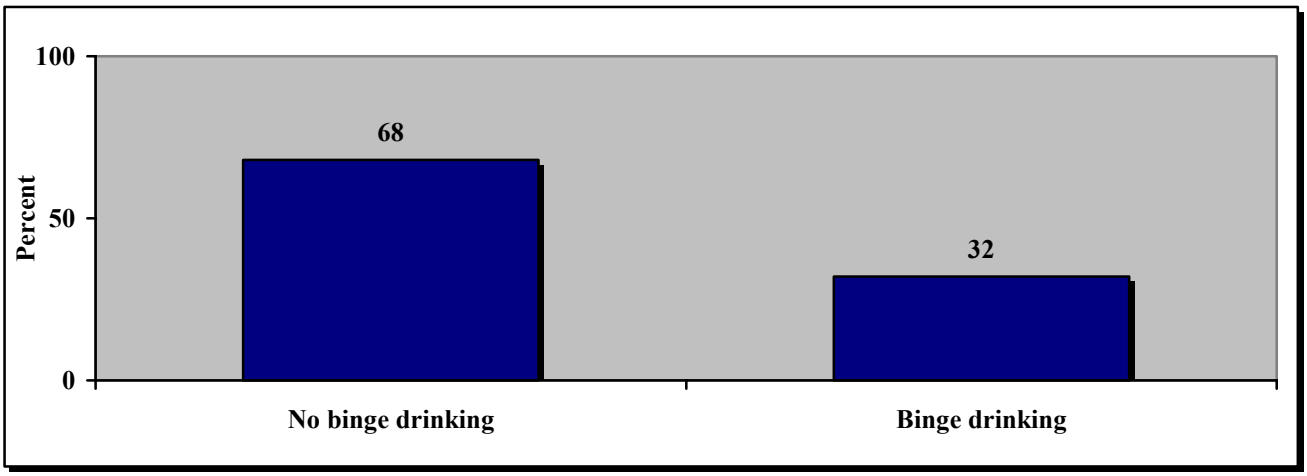
- Of those who reported drinking at least once in the thirty days preceding the survey, **thirty-two percent (32%)** said they had consumed five or more drinks on at least one occasion in the past month.

Table 6: Binge drinking

	No binge drinking	Binge drinking
%	**68**	**32**
CI	(60.5-75.3)	(24.7-39.5)
n	330	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 6: Binge drinking



Alcohol Consumption (continued)

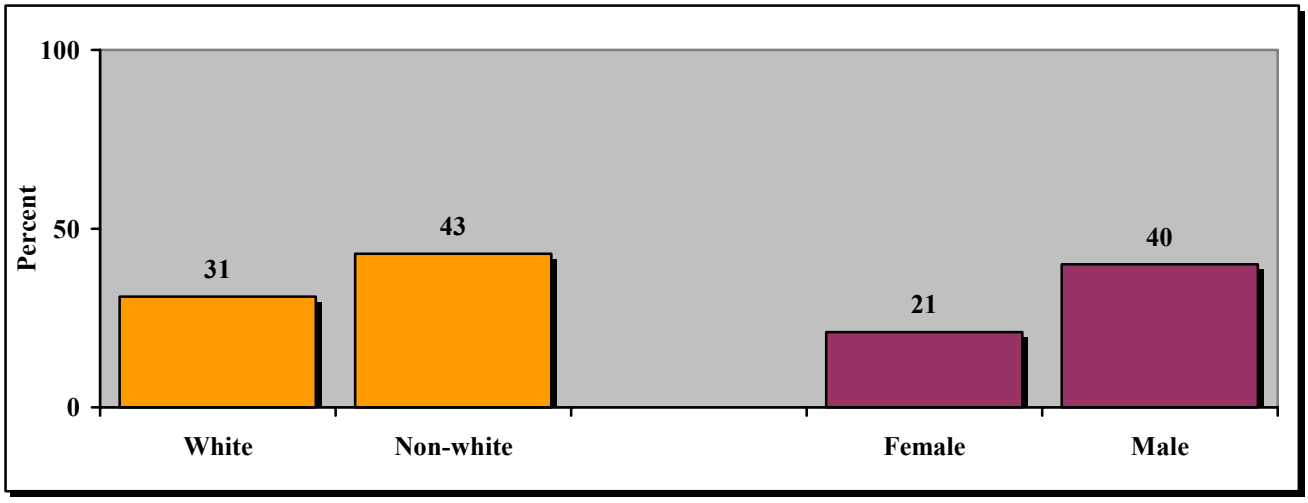
Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

Table 7: Binge drinking, by race and gender

		No binge drinking	Binge drinking
Race			
White	**%**	**69**	**31**
	CI	(61.0-76.3)	(23.7-39.0)
	n	308	
Non-White	**%**	**57**	**43**
	CI	(28.9-84.3)	(15.7-71.1)
	n	19	
Gender			
Female	**%**	**79**	**21**
	CI	(69.9-87.9)	(12.1-30.1)
	n	149	
Male	%	**60**	**40**
	CI	(49.6-71.0)	(29.0-50.4)
	n	181	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Of those who reported drinking at least once in the thirty days preceding the survey, percentage of those who reported binge drinking, by race, and gender



Alcohol Consumption (continued)

Table 8: Binge drinking, by age, education, and income

		No binge drinking	Binge drinking
Age			
18-39	**%**	**58**	**42**
	CI	(46.5-70.0)	(30.0-53.5)
	n	97	
40-64	**%**	**77**	**23**
	CI	(69.1-85.0)	(15.0-30.9)
	n	164	
65+	**%**	**95**	**5**
	CI	(89.8-100.0)	(0.0-10.2)
	n	64	
Education			
< High School Education	**%**	**93**	**7**
	CI	(80.8-100.0)	(0.0-19.2)
	n	11	
High School Graduate	**%**	**66**	**34**
	CI	(54.8-77.1)	(22.9-45.2)
	n	157	
College Graduate	**%**	**65**	**35**
	CI	(55.4-75.6)	(24.4-44.6)
	n	158	
Income			
<$20,000	**%**	**42**	**58**
	CI	(15.9-67.3)	(32.7-84.1)
	n	29	
$20,000-$50,000	**%**	**67**	**33**
	CI	(53.9-80.2)	(19.8-46.1)
	n	108	
>$50,000	**%**	**72**	**28**
	CI	(62.8-82.0)	(18.0-37.2)
	n	161	

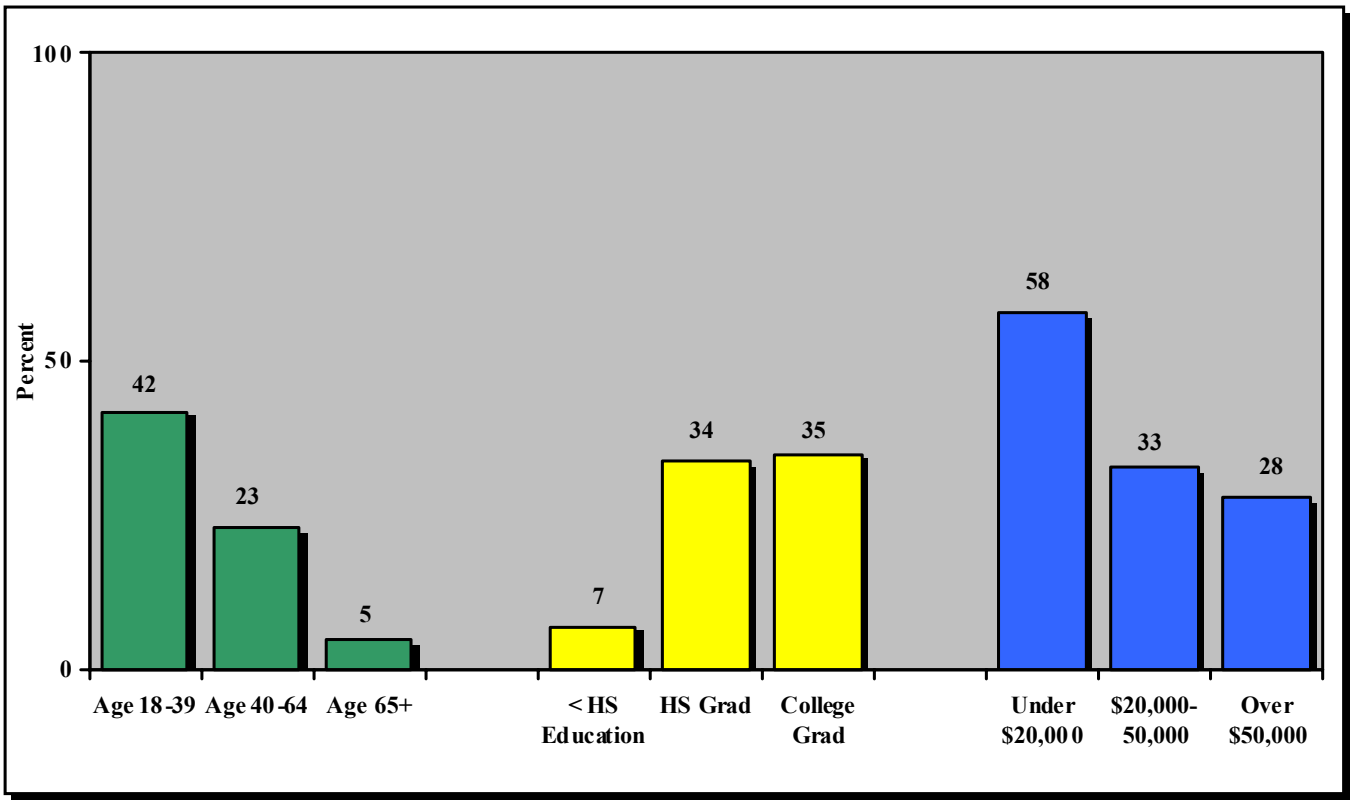
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Alcohol Consumption (continued)

Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

Risk Factor Definition: Binge drinking

Figure 8: Of those who reported drinking at least once in the thirty days preceding the survey, percentage of those who reported binge drinking, by age, education, and income



Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other uses of tobacco were asked as part of the Washington County Adult Health Survey. Cigarette smoking is the single most preventable cause of disease and death. Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung disease.

Cigarette Use

Risk Factor Definition: Ever smoked cigarettes

Question: Have you smoked at least 100 cigarettes in your entire lifetime?

At Risk: Those respondents who answered "yes" are considered at risk.

Who is at risk in Washington County?

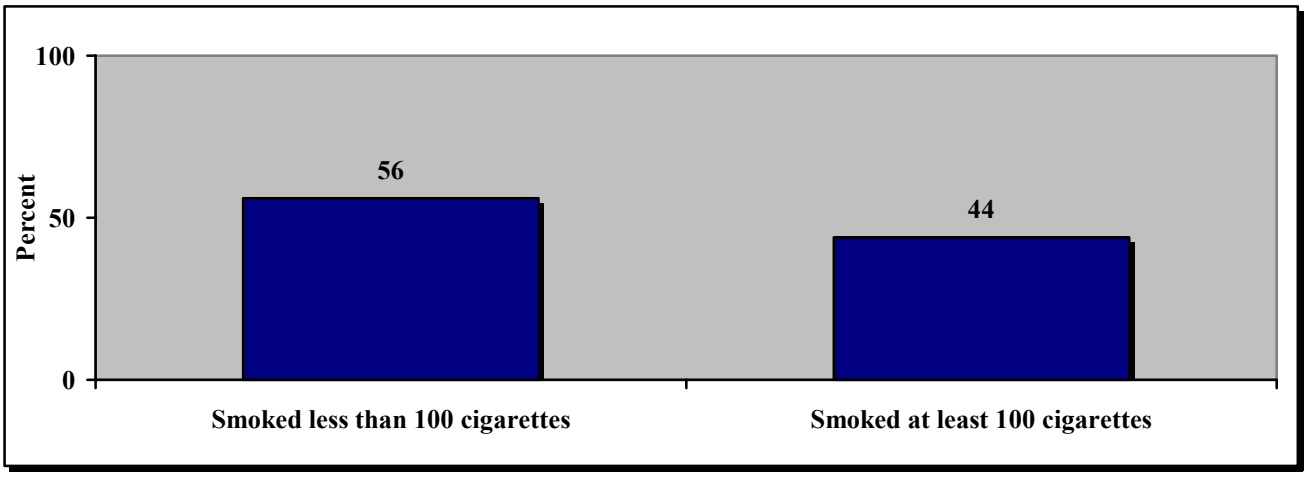
- **Forty-four percent** (44%) of the **adults** in Washington County reported that they had smoked at least 100 cigarettes in their entire lifetime.

Table 1: Ever smoked cigarettes

	Smoked less than 100	Smoked at least 100 cigarettes
%	**56**	**44**
CI	(50.6-61.8)	(38.2-49.4)
n	798	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Ever smoked cigarettes



Tobacco Use (continued)

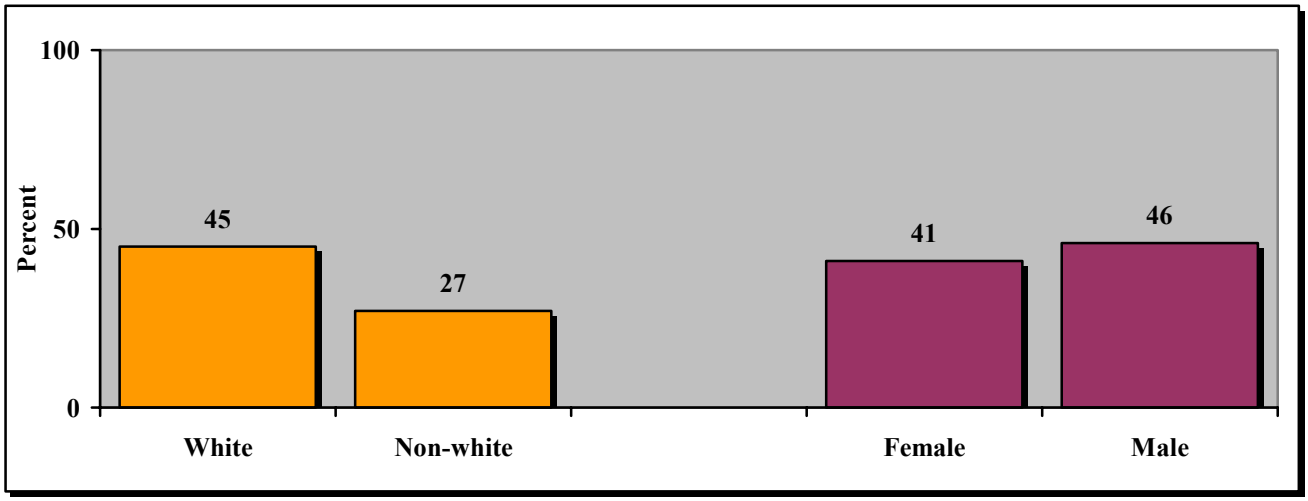
Question: Have you smoked at least 100 cigarettes in your entire lifetime?

Table 2: Ever smoked cigarettes, by race and gender

		Smoked less than 100	Smoked at least 100 cigarettes
Race			
White	**%**	**55**	**45**
	CI	(48.9-60.7)	(39.3-51.1)
	n	744	
Non-White	**%**	**73**	**27**
	CI	(56.0-89.7)	(10.3-44.0)
	n	49	
Gender			
Female	**%**	**59**	**41**
	CI	(50.1-67.0)	(33.0-49.9)
	n	498	
Male	%	**54**	**46**
	CI	(46.2-61.5)	(38.5-53.8)
	n	300	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: The percentage of those who reported that reported that they had smoked at least 100 cigarettes in their entire lifetime, by race, and gender



Tobacco Use (continued)

Table 3: Ever smoked cigarettes, by age, education, and income

		Smoked less than 100	Smoked at least 100 cigarettes
Age			
18-39	**%**	**63**	**36**
	CI	(53.3-74.1)	(25.9-46.9)
	n	179	
40-64	**%**	**50**	**50**
	CI	(43.7-55.7)	(44.3-56.3)
	n	375	
65+	**%**	**45**	**55**
	CI	(38.1-52.3)	(47.7-61.9)
	n	230	
Education			
< High School Education	**%**	**58**	**42**
	CI	(43.5-72.6)	(27.4-56.5)
	n	95	
High School Graduate	**%**	**50**	**50**
	CI	(42.0-58.9)	(41.1-58.0)
	n	417	
College Graduate	**%**	**65**	**35**
	CI	(58.5-72.0)	(28.0-41.5)
	n	277	
Income			
<$20,000	**%**	**53**	**47**
	CI	(39.7-66.9)	(33.1-60.3)
	n	128	
$20,000-$50,000	**%**	**47**	**53**
	CI	(39.2-55.0)	(45.0-60.8)
	n	288	
>$50,000	**%**	**63**	**36**
	CI	(56.7-71.0)	(29.0-43.3)
	n	272	

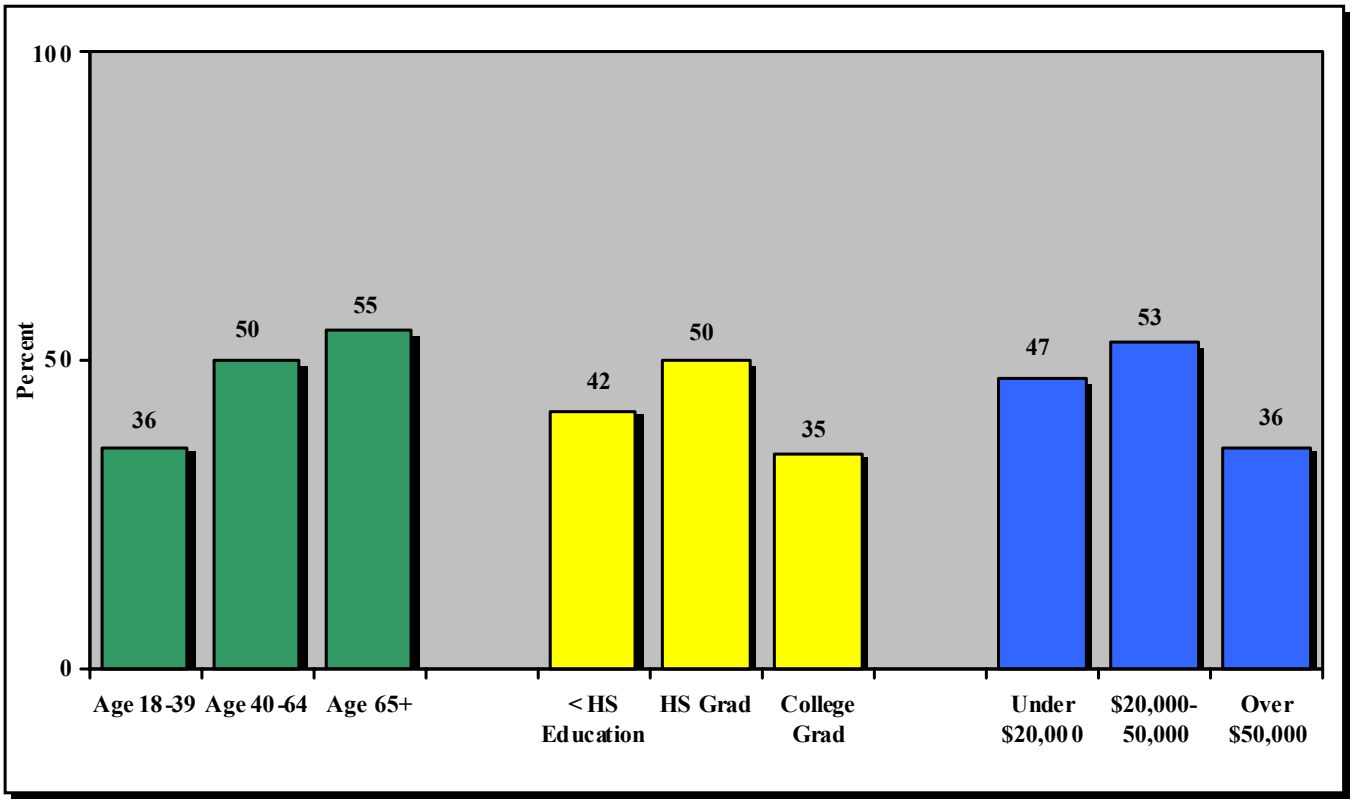
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Have you smoked at least 100 cigarettes in your entire lifetime?

Risk Factor Definition: Ever smoked cigarettes

Figure 3: The percentage of those who reported that reported that they had smoked at least 100 cigarettes in their entire lifetime, by age, education, and income



Tobacco Use (continued)

Current Cigarette Use

Risk Factor Definition: Currently smoke cigarettes

Question: Do you smoke cigarettes every day, some days, or not at all?

At Risk: Those respondents who reported that they now smoke cigarettes "every day" or "some days" (i.e. current cigarette use) are considered at risk.

Who is at risk in Washington County?

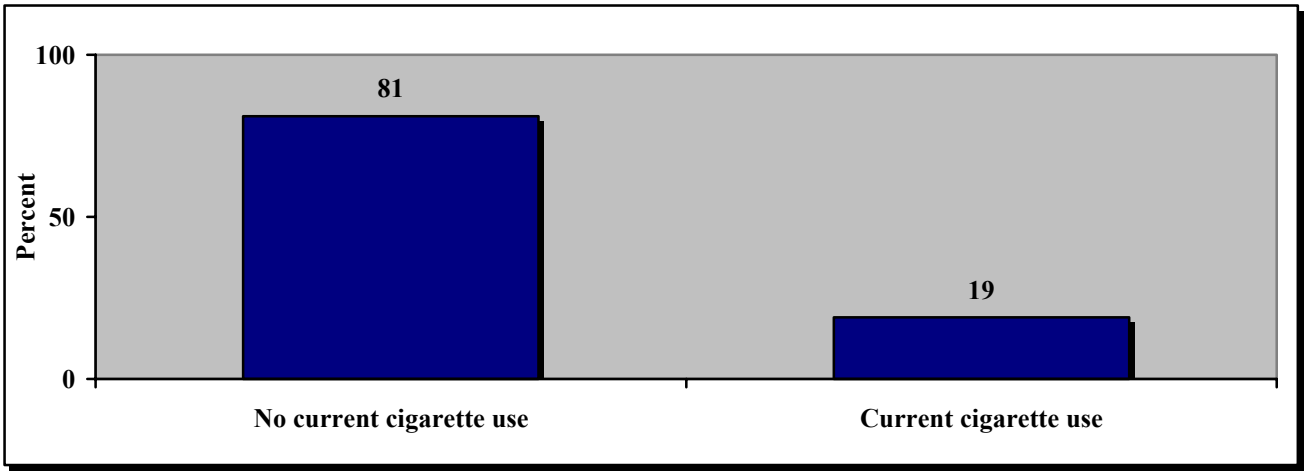
- **Nineteen percent (19%)** reported current cigarette use.

Table 4: Current cigarette use

	No current cigarette use	Current cigarette use
%	81	19
CI	(77.4-85.2)	(14.8-22.6)
n	798	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 4: Current cigarette use



Tobacco Use (continued)

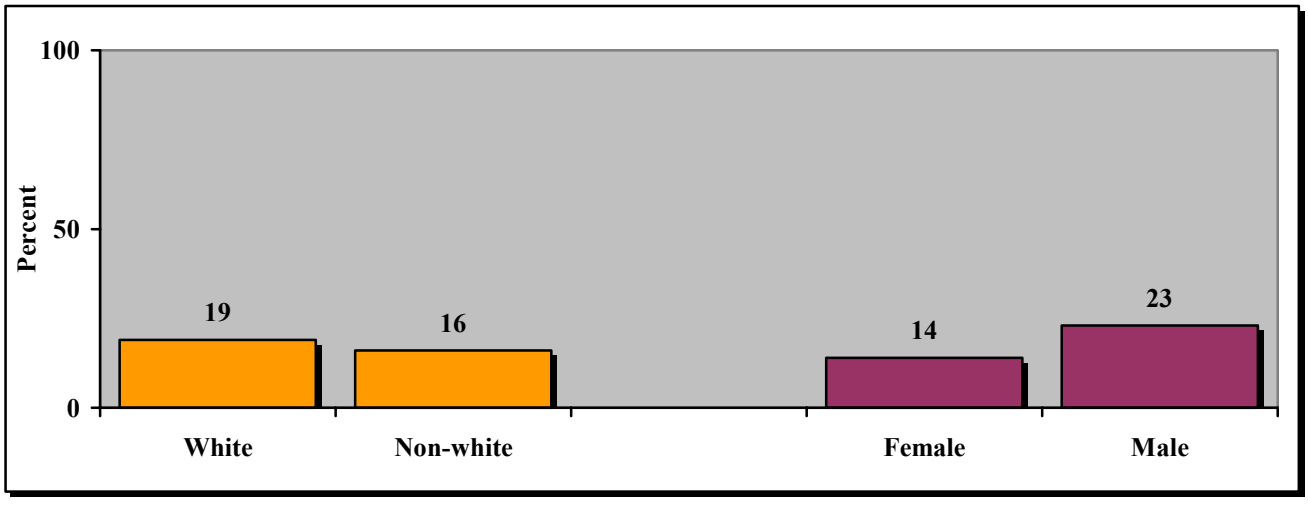
Question: Have you smoked at least 100 cigarettes in your entire lifetime?

Table 5: Current cigarette use, by race and gender

		No current cigarette use	Current cigarette use
Race			
White	**%**	**81**	**19**
	CI	(76.8-84.9)	(15.1-23.2)
	n	744	
Non-White	**%**	**84**	**16**
	CI	(68.4-98.8)	(1.2-31.6)
	n	49	
Gender			
Female	**%**	**86**	**14**
	CI	(81.7-89.7)	(10.3-18.3)
	n	498	
Male	%	**77**	**23**
	CI	(70.3-83.3)	(16.7-29.7)
	n	300	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 5: The percentage of those who reported current cigarette use, by race, and gender



Tobacco Use (continued)

Table 6: Current cigarettes use, by age, education, and income

		No current cigarette use	Current cigarette use
Age			
18-39	**%**	**84**	**15**
	CI	(78.6-91.1)	(8.9-21.4)
	n	179	
40-64	**%**	**74**	**26**
	CI	(67.9-79.3)	(20.7-32.1)
	n	375	
65+	**%**	**89**	**11**
	CI	(84.6-93.5)	(6.5-15.4)
	n	230	
Education			
< High School Education	**%**	**84**	**16**
	CI	(74.6-93.2)	(6.7-25.3)
	n	95	
High School Graduate	**%**	**75**	**25**
	CI	(68.3-81.1)	(18.9-31.7)
	n	417	
College Graduate	**%**	**92**	**8**
	CI	(87.6-95.6)	(4.4-12.4)
	n	277	
Income			
<$20,000	**%**	**72**	**28**
	CI	(58.2-85.6)	(14.4-41.8)
	n	128	
$20,000-$50,000	**%**	**74**	**26**
	CI	(66.9-81.5)	(18.5-33.1)
	n	288	
>$50,000	**%**	**88**	**12**
	CI	(82.8-92.3)	(7.7-17.1)
	n	272	

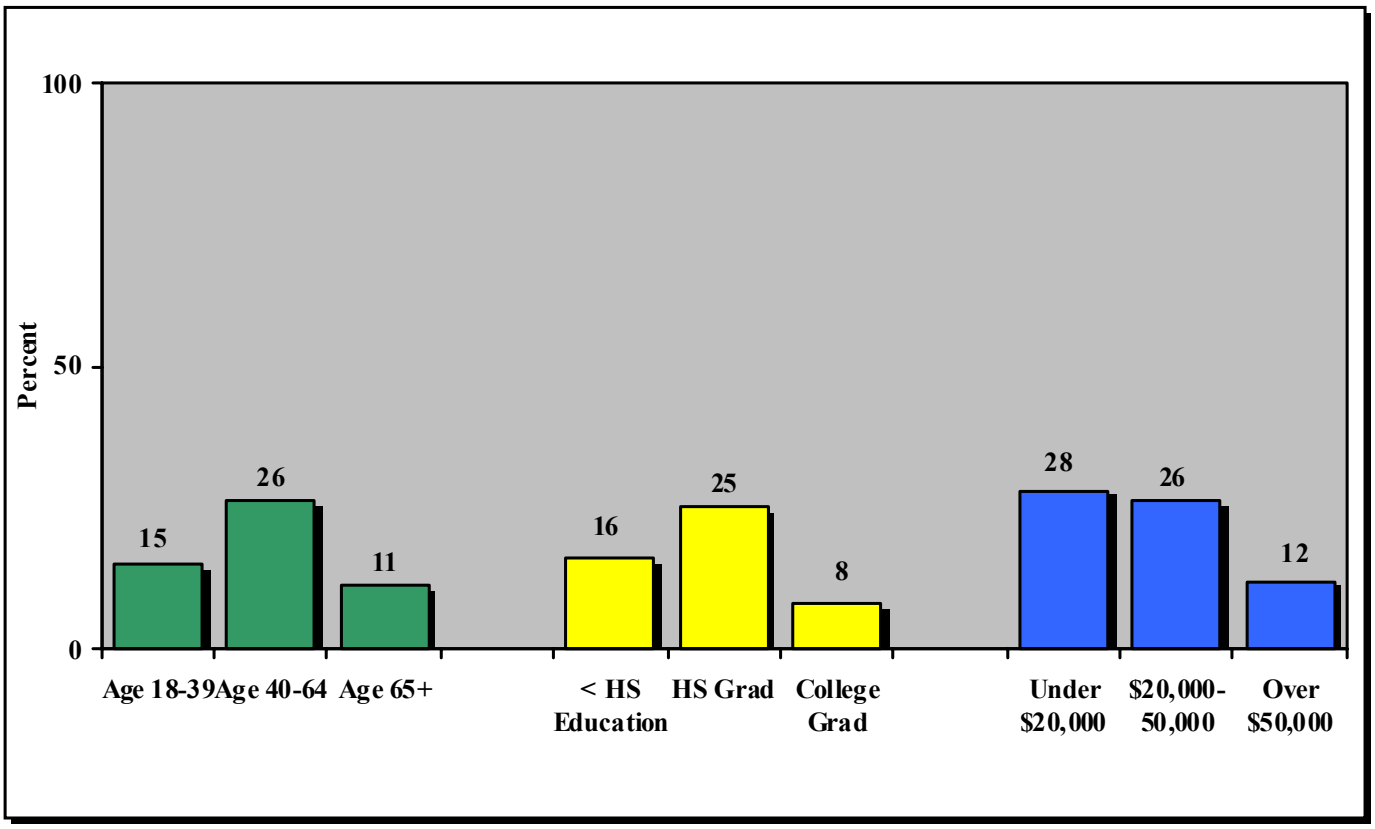
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Do you smoke cigarettes every day, some days, or not at all?

Risk Factor Definition: Currently smoke smoked cigarettes

Figure 6: The percentage of those who reported current cigarette use, by age, education, and income



Tobacco Use (continued)

Cigarette Smoking Cessation

Risk Factor Definition: Smoking cessation

Question: During the past 12 months, have you quit smoking for one day or longer?

At Risk: **Of those adults who reported current cigarette use,** those respondents who reported that they had made "no" attempt to stop smoking for one day or longer during the twelve months preceding the survey are considered at risk for continued cigarette smoking.

Who is at risk in Washington County?

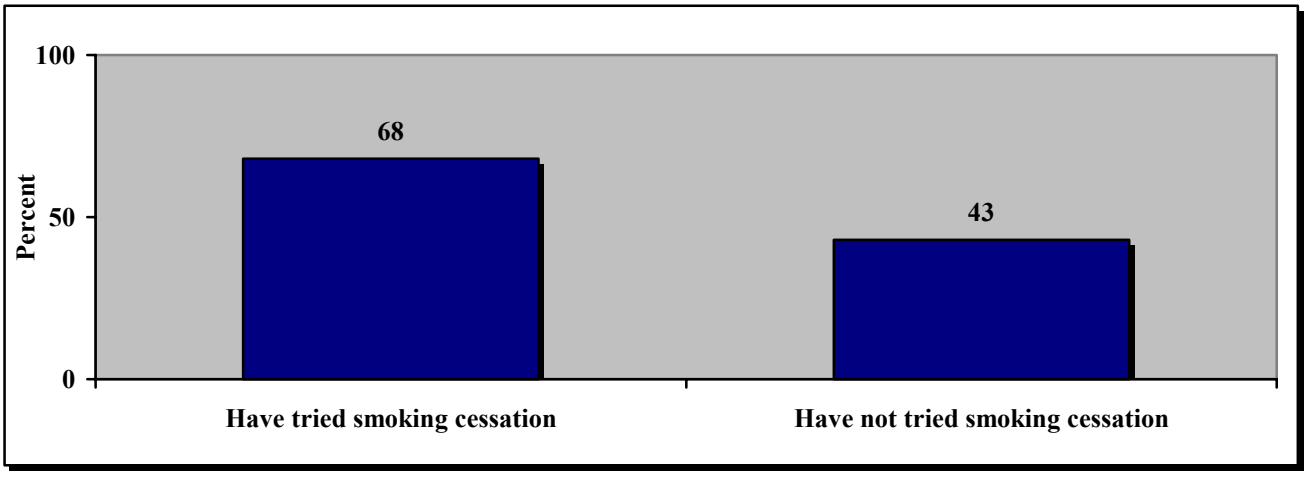
- Of those adults in Washington County who reported current cigarette use, **forty-three percent (43%)** had not quit for at least one day in the past year.

Table 7: Smoking cessation

	Have tried smoking cessation	Have not tried smoking cessation
%	**57**	**43**
CI	(46.2-68.1)	(31.9-53.8)
n	145	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 7: Smoking cessation



Tobacco Use (continued)

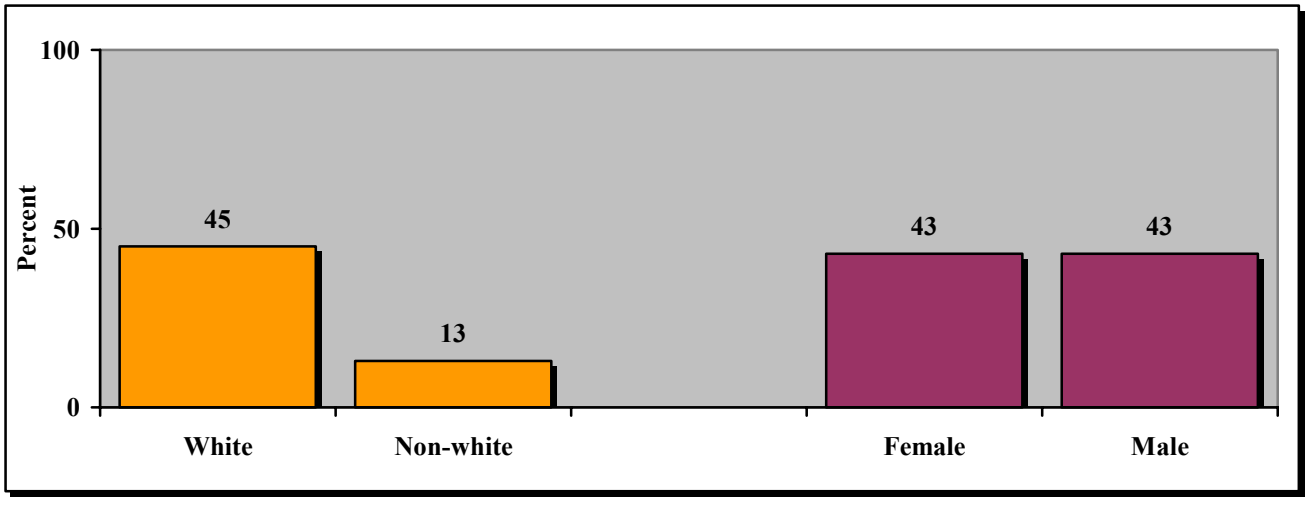
Question: During the past 12 months, have you quit smoking for one day or longer?

Table 8: Smoking cessation, by race and gender

		Have tried smoking cessation	Have not tried smoking cessation
Race			
White	**%**	**55**	**45**
	CI	(43.4-65.9)	(34.1-56.6)
	n	137	
Non-White	**%**	**87**	**13**
	CI	(67.2-100.0)	(0.0-32.8)
	n	8	
Gender			
Female	**%**	**57**	**43**
	CI	(43.7-70.7)	(29.3-56.3)
	n	79	
Male	%	**57**	**43**
	CI	(41.5-72.8)	(27.2-58.5)
	n	66	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 8: Of those adults in Washington County who reported current cigarette use, the percentage that reported they made no quit smoking attempts in the twelve months preceding survey, by race, and gender



Tobacco Use (continued)

Table 9: Smoking cessation, by age, education, and income

		Have tried smoking cessation	Have not tried smoking cessation
Age			
18-39	**%**	**67**	**33**
	CI	(47.2-86.5)	(13.5-52.7)
	n	30	
40-64	**%**	**50**	**50**
	CI	(36.9-63.5)	(36.5-63.1)
	n	84	
65+	**%**	**51**	**49**
	CI	(29.3-72.7)	(27.3-70.7)
	n	28	
Education			
< High School Education	**%**	**53**	**47**
	CI	(22.8-82.3)	(17.7-77.2)
	n	15	
High School Graduate	**%**	**54**	**46**
	CI	(40.7-67.5)	(32.5-59.3)
	n	103	
College Graduate	**%**	**79**	**21**
	CI	(61.0-96.9)	(3.1-39.0)
	n	25	
Income			
<$20,000	**%**	**44**	**56**
	CI	(12.9-75.3)	(24.7-87.1)
	n	30	
$20,000-$50,000	**%**	**62**	**38**
	CI	(45.8-78.2)	(21.8-54.2)
	n	62	
>$50,000	**%**	**55**	**45**
	CI	(34.6-74.9)	(25.1-65.4)
	n	32	

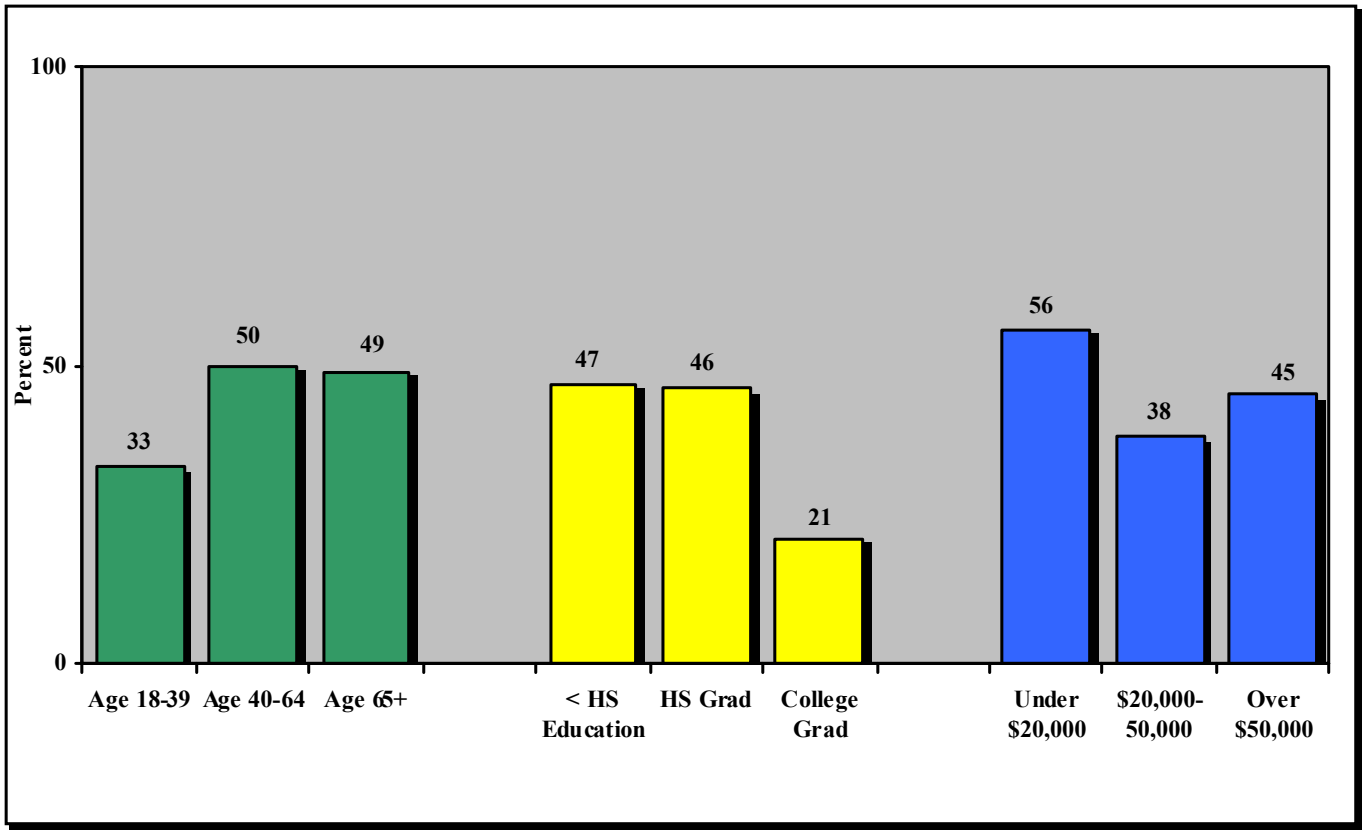
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: During the past 12 months, have you quit smoking for one day or longer?

Risk Factor Definition: Smoking cessation

Figure 9: Of those adults in Washington County who reported current cigarette use, the percentage that reported they made no quit smoking attempts in the twelve months preceding survey, by age, education, and income



Tobacco Use (continued)

Smokeless Tobacco

Risk Factor Definition: Ever smoked smokeless tobacco

Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

At Risk: Those respondents who answered "yes" are considered at risk.

Who is at risk in Washington County?

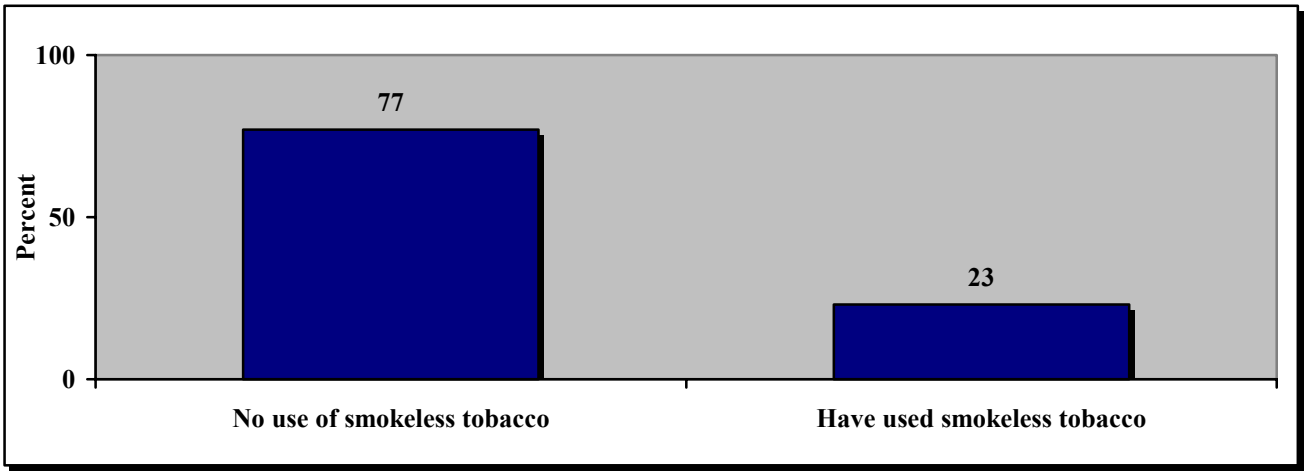
- **Twenty-three percent (23%)** of the **adults** in Washington County reported that they had used or tried chewing tobacco or snuff.

Table 10: Ever used smokeless tobacco

	No use of smokeless tobacco	Have used smokeless tobacco
%	**77**	**23**
CI	(73.2-81.6)	(18.4-26.9)
n	785	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 10: Ever used smokeless tobacco



Tobacco Use (continued)

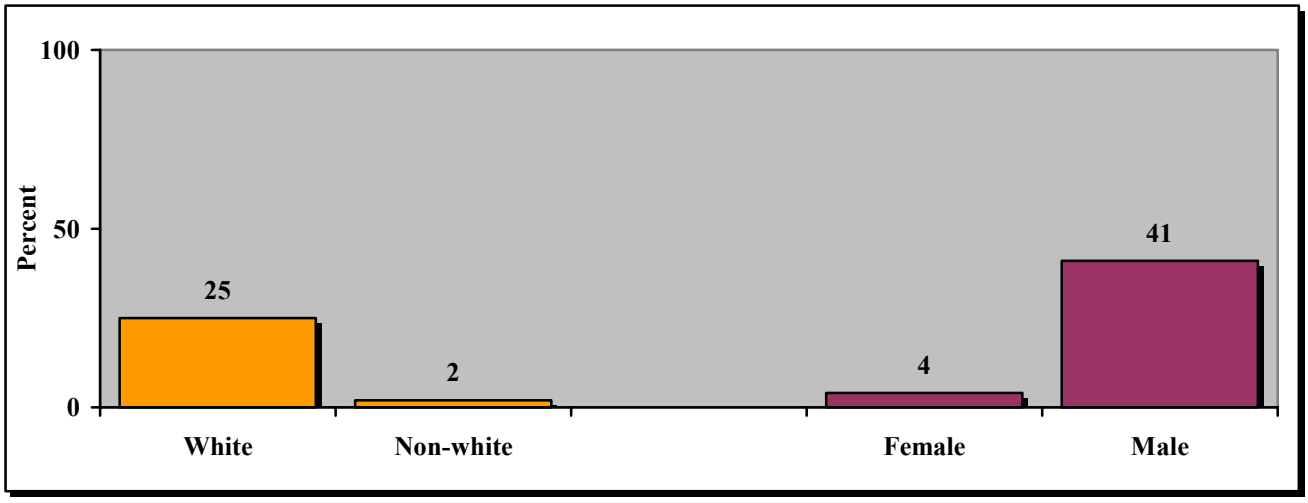
Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

Table 11: Ever used smokeless tobacco, by race and gender

		No use of smokeless tobacco	Have used smokeless tobacco
Race			
White	**%**	**75**	**25**
	CI	(70.6-79.8)	(20.2-29.4)
	n	733	
Non-White	**%**	**98**	**2**
	CI	(94.6-100.0)	(0.0-5.4)
	n	49	
Gender			
Female	**%**	**96**	**4**
	CI	(94.2-98.1)	(1.9-5.8)
	n	487	
Male	%	**59**	**41**
	CI	(51.3-66.2)	(34.8-48.7)
	n	298	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 11: Percentage of respondents who reported that they had tried or used smokeless tobacco, by race, and gender



Tobacco Use (continued)

Table 12: Ever used smokeless tobacco, by age, education, and income

		No use of smokeless tobacco	Use of smokeless tobacco
Age			
18-39	**%**	**80**	**20**
	CI	(72.5-86.6)	(13.4-27.5)
	n	176	
40-64	**%**	**74**	**26**
	CI	(68.2-79.8)	(20.2-31.8)
	n	371	
65+	**%**	**80**	**20**
	CI	(73.9-85.8)	(14.2-26.1)
	n	225	
Education			
< High School Education	**%**	**88**	**12**
	CI	(80.2-95.1)	(4.9-19.8)
	n	92	
High School Graduate	**%**	**79**	**21**
	CI	(73.0-85.0)	(15.0-27.0)
	n	412	
College Graduate	**%**	**71**	**29**
	CI	(63.9-78.1)	(21.9-36.1)
	n	277	
Income			
<$20,000	**%**	**78**	**22**
	CI	(64.4-92.5)	(7.5-35.6)
	n	126	
$20,000-$50,000	**%**	**81**	**19**
	CI	(75.5-87.4)	(12.6-24.5)
	n	287	
>$50,000	**%**	**70**	**30**
	CI	(62.5-76.6)	(23.4-37.5)
	n	271	

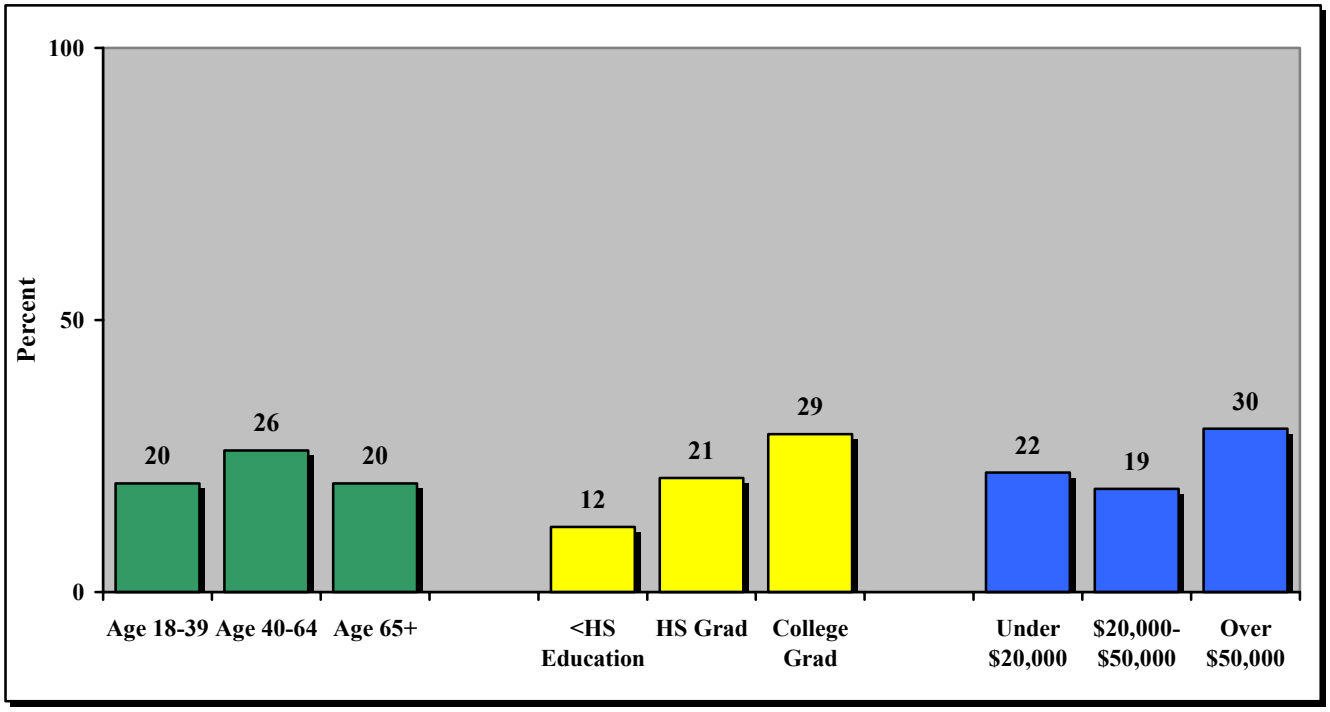
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

Risk Factor Definition: Ever used smokeless tobacco

Figure 12: Percentage of respondents who reported that they had tried or used smokeless tobacco, by age, education, and income



Tobacco Use (continued)

Current Smokeless Tobacco Use

Risk Factor Definition: Current use of smokeless tobacco

Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

At Risk: **Of those respondents who reported that they had ever tried chewing tobacco or snuff,** those who answered "every day" or "some days" (i.e. current chewing tobacco or snuff users) are considered at risk.

Who is at risk in Washington County?

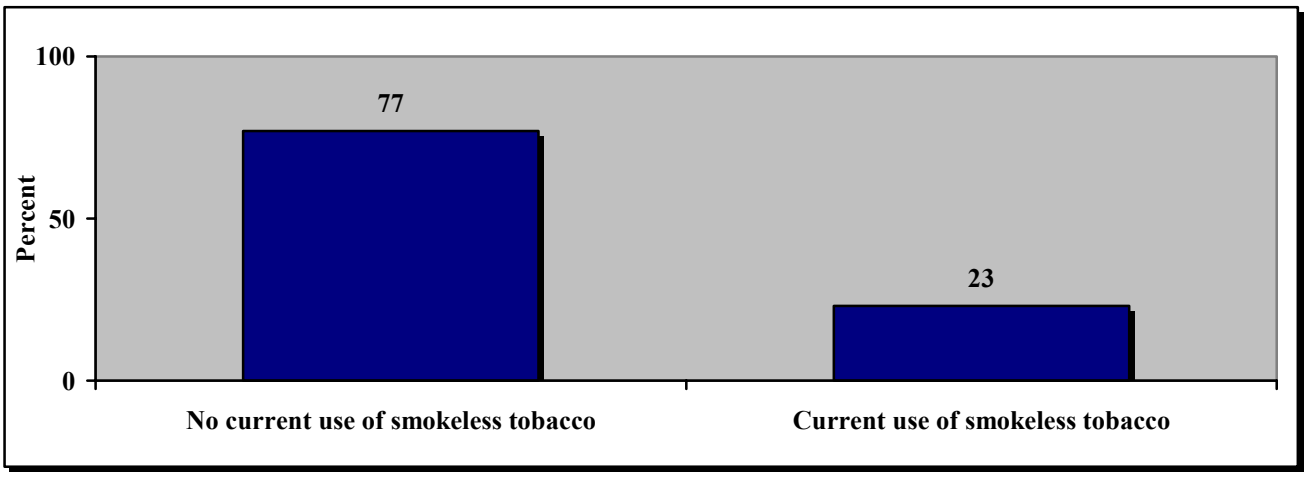
- Of those who responded that they had used or tried chewing tobacco or snuff, **twenty-three percent (23%)** reported current chewing tobacco or snuff use.

Table 13: Current use of smokeless tobacco

	No current use of smokeless tobacco	Current use of smokeless tobacco
%	**77**	**23**
CI	(67.8-86.4)	(13.6-32.2)
n	154	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 13: Current use of smokeless tobacco



Tobacco Use (continued)

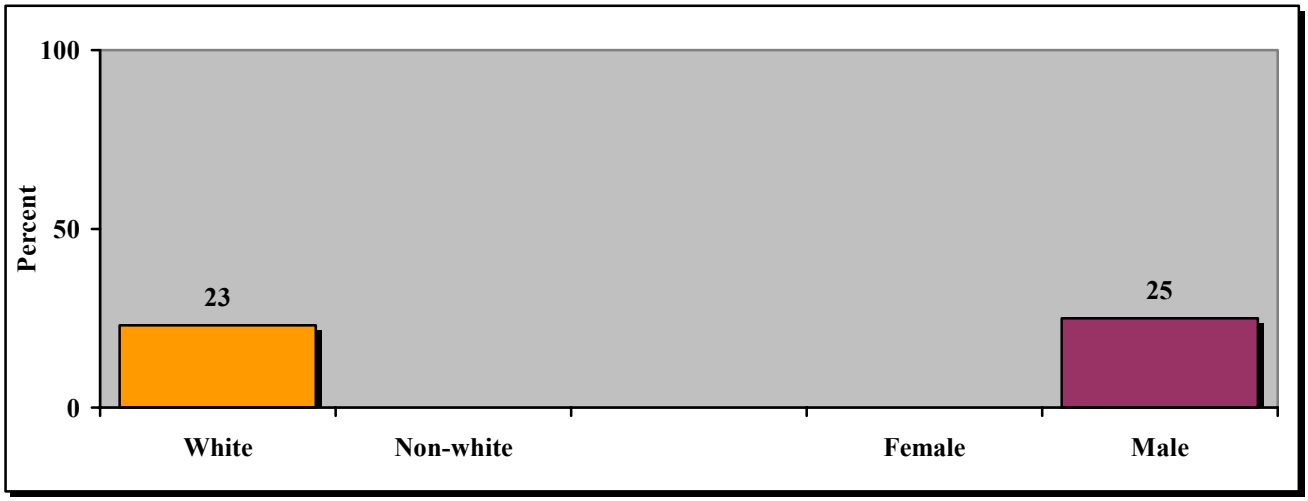
Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

Table 14: Current use of smokeless tobacco, by race and gender

		No current use of smokeless tobacco	Current use of smokeless tobacco
Race			
White	**%**	**77**	**23**
	CI	(67.5-86.3)	(13.7-32.5)
	n	152	
Non-White	**%**	**100**	**-**
	CI	(100.0-100.0)	-
	n	2	
Gender			
Female	**%**	**100**	**-**
	CI	(100.0-100.0)	-
	n	21	
Male	%	**75**	**25**
	CI	(64.9-85.0)	(15.0-35.1)
	n	133	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 14: Of those who reported that they had used or tried chewing tobacco or snuff, the percentage of respondents who reported current chewing tobacco or snuff use, by race, and gender



Tobacco Use (continued)

Table 15: Current use of smokeless tobacco, by age, education, and income

		No current use of smokeless tobacco	Current use of smokeless tobacco
Age			
18-39	**%**	**74**	**26**
	CI	(56.6-91.2)	(8.8-43.4)
	n	38	
40-64	**%**	**78**	**22**
	CI	(66.7-89.4)	(10.6-33.3)
	n	72	
65+	**%**	**83**	**17**
	CI	(70.9-95.1)	(4.9-29.1)
	n	40	
Education			
< High School Education	**%**	**68**	**32**
	CI	(40.4-95.9)	(4.1-59.6)
	n	14	
High School Graduate	**%**	**77**	**23**
	CI	(63.6-90.2)	(9.8-36.4)
	n	78	
College Graduate	**%**	**78**	**22**
	CI	(63.7-93.1)	(6.9-36.3)
	n	60	
Income			
<$20,000	**%**	**48**	**52**
	CI	(9.0-87.6)	(12.4-90.9)
	n	18	
$20,000-$50,000	**%**	**88**	**12**
	CI	(78.0-98.0)	(2.0-22.0)
	n	49	
>$50,000	**%**	**75**	**25**
	CI	(62.1-88.4)	(11.6-37.9)
	n	66	

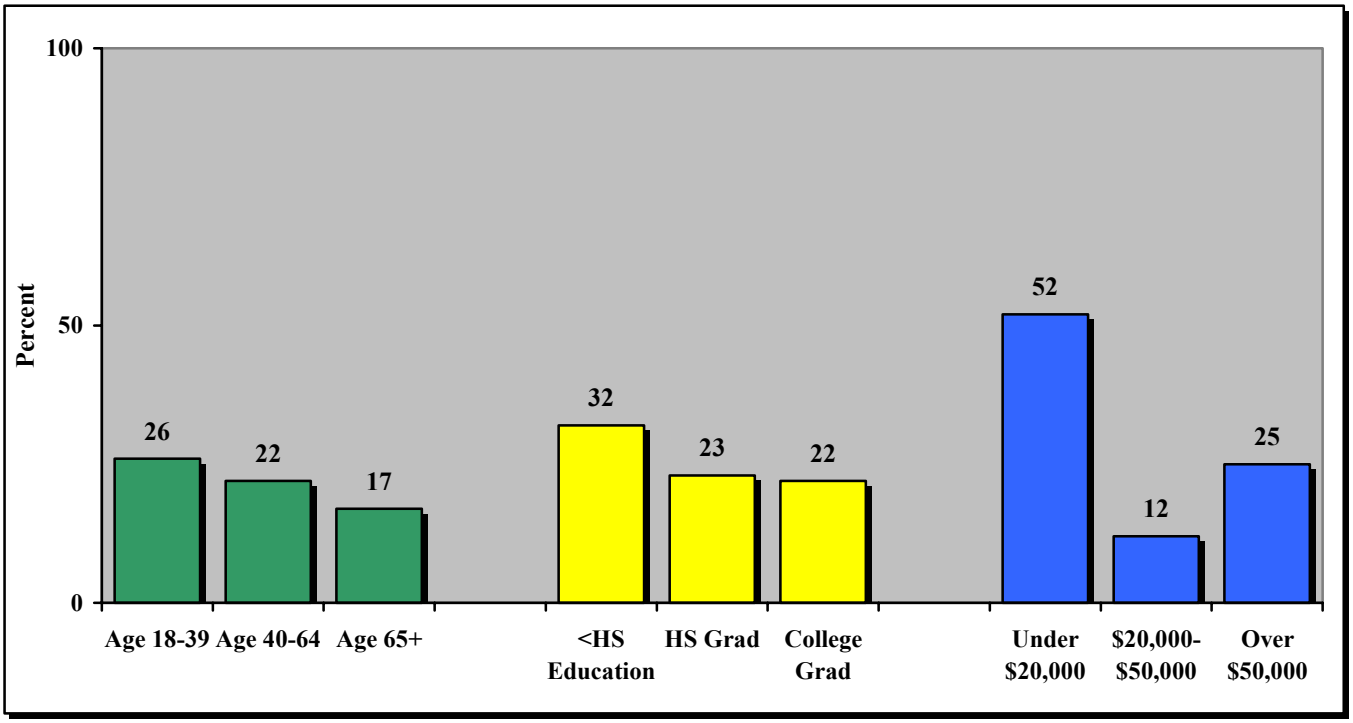
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

Risk Factor Definition: Current use of smokeless tobacco

Figure 15: Of those who reported that they had used or tried chewing tobacco or snuff, the percentage of respondents who reported current chewing tobacco or snuff use, by age, education, and income



Tobacco Use (continued)

Cigar Smoking

Risk Factor Definition: Ever smoked a cigar

Question: Have you ever smoked a cigar, even one or two puffs?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Washington County

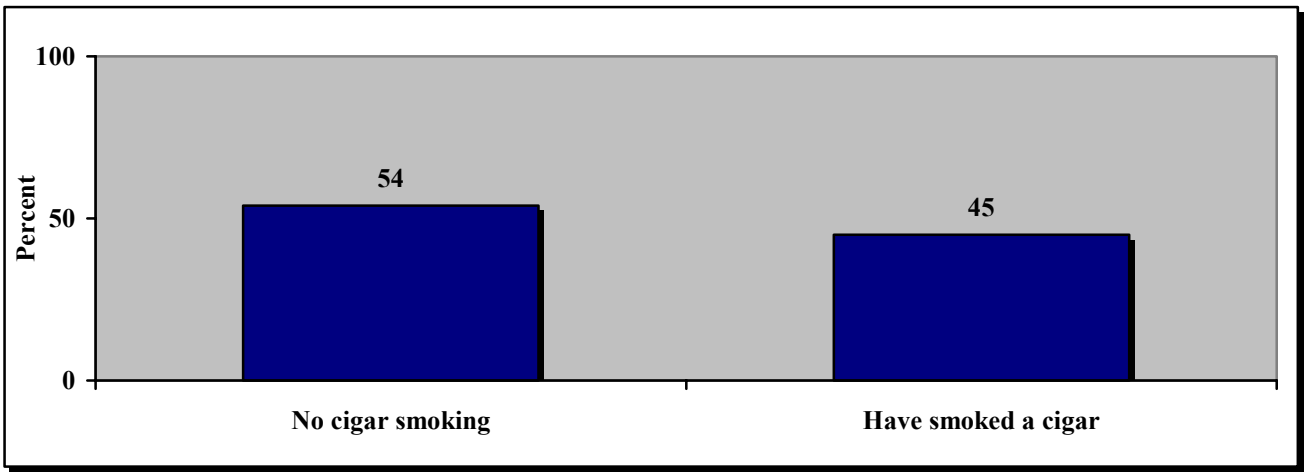
- **Forty-five percent (45%)** of the **adults** in Washington County reported that they had smoked a cigar, even one or two puffs.

Table 16: Ever smoked a cigar

	No cigar smoking	Have smoked a cigar
%	**54**	**45**
CI	(49.5-60.3)	(39.7-50.5)
n	785	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 16: Ever smoked a cigar



Tobacco Use (continued)

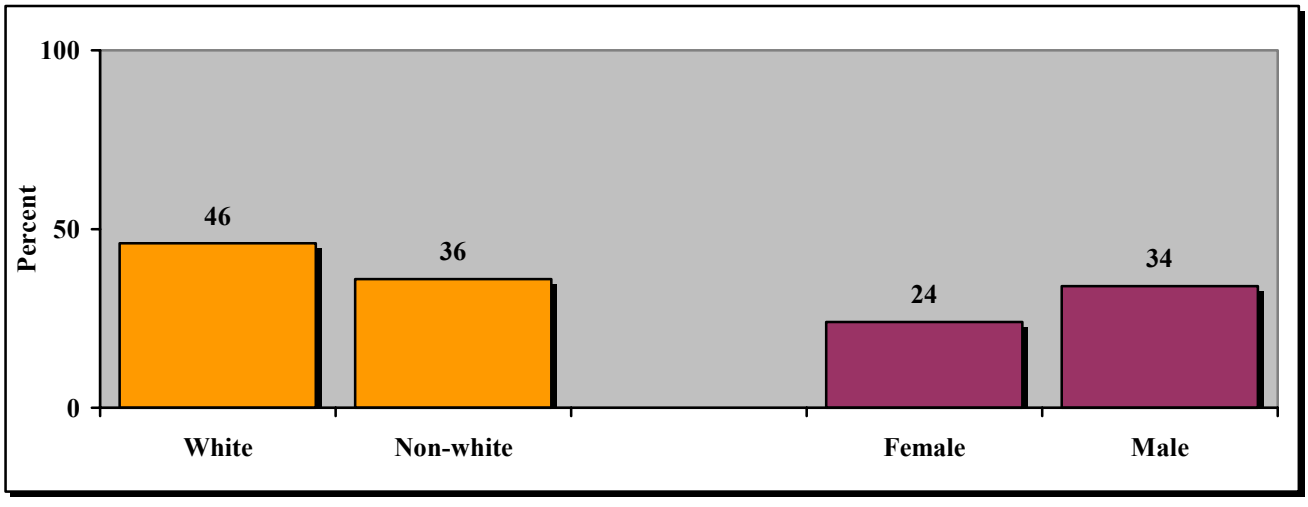
Question: Have you ever smoked a cigar, even one or two puffs?

Table 17: Ever smoked a cigar, by race and gender

		No cigar smoking	Have smoked a cigar
Race			
White	**%**	**54**	**46**
	CI	(48.5-59.9)	(40.1-51.5)
	n	733	
Non-White	**%**	**64**	**36**
	CI	(45.5-83.2)	(16.8-54.5)
	n	49	
Gender			
Female	**%**	**76**	**24**
	CI	(70.6-81.8)	(18.2-29.4)
	n	487	
Male	%	**66**	**34**
	CI	(58.1-74.3)	(25.7-41.9)
	n	298	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 17: Percentage of respondents who reported that they had smoked a cigar, by race, and gender



Tobacco Use (continued)

Table 18: Ever smoked a cigar, by age, education, and income

		No cigar smoking	Have smoked a cigar
Age			
18-39	**%**	**57**	**43**
	CI	(47.8-67.1)	(32.9-52.2)
	n	176	
40-64	**%**	**51**	**49**
	CI	(44.7-56.7)	(43.3-55.3)
	n	371	
65+	**%**	**56**	**44**
	CI	(49.2-63.7)	(36.3-50.8)
	n	225	
Education			
< High School Education	**%**	**75**	**25**
	CI	(64.2-86.7)	(13.3-35.8)
	n	92	
High School Graduate	**%**	**56**	**44**
	CI	(47.5-63.7)	(36.3-52.5)
	n	412	
College Graduate	**%**	**46**	**54**
	CI	(38.7-53.2)	(46.8-61.3)
	n	277	
Income			
<$20,000	**%**	**61**	**39**
	CI	(47.3-74.7)	(25.3-52.7)
	n	126	
$20,000-$50,000	**%**	**49**	**51**
	CI	(41.6-57.3)	(42.7-58.4)
	n	287	
>$50,000	**%**	**49**	**51**
	CI	(41.7-56.8)	(43.2-58.3)
	n	271	

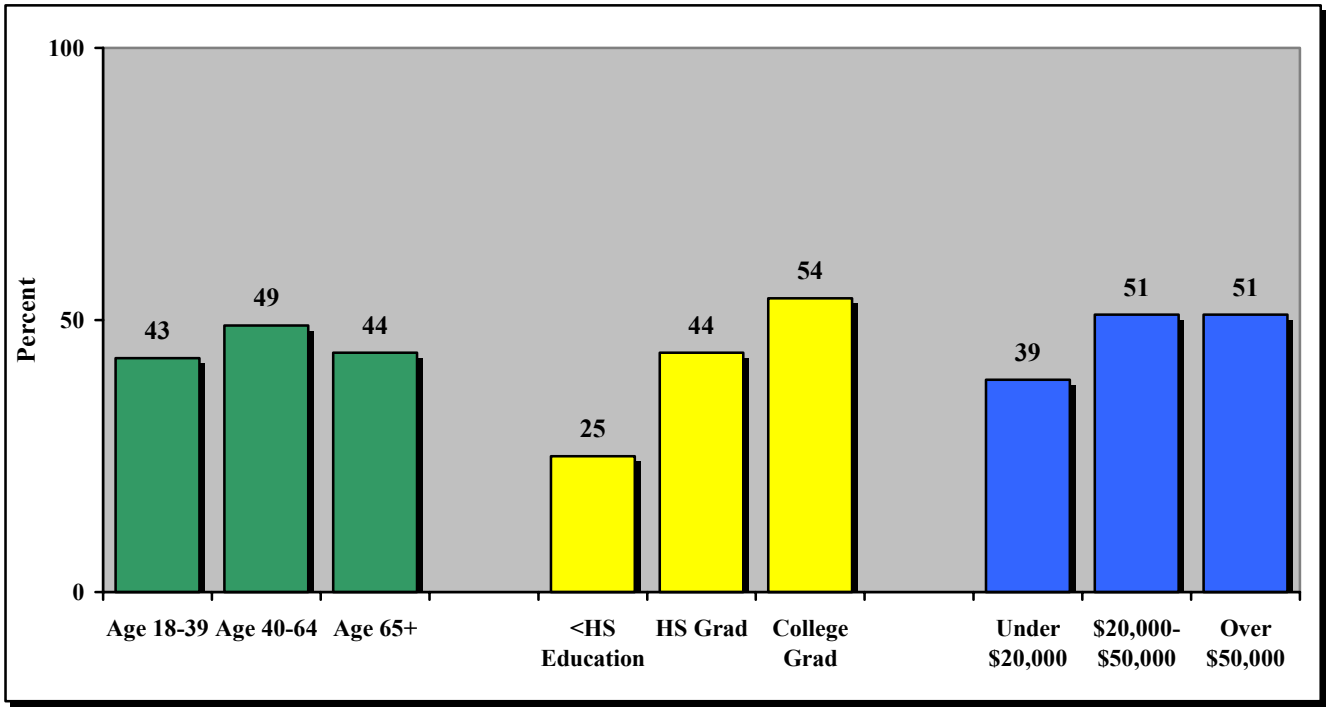
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Have you ever smoked a cigar, even one or two puffs?

Risk Factor Definition: Ever smoked a cigar

Figure 18: Percentage of respondents who reported that they had smoked a cigar, by age, education, and income



Current Cigar Smoking

Risk Factor Definition: Current cigar smoking

Question: Do you smoke cigars every day, some days, or not at all?

At Risk: **Of those respondents who reported that they had ever smoked a cigar,** those who answered "every day" or "some days" (i.e. current cigar smokers) are considered at risk.

Who is at risk in Washington County?

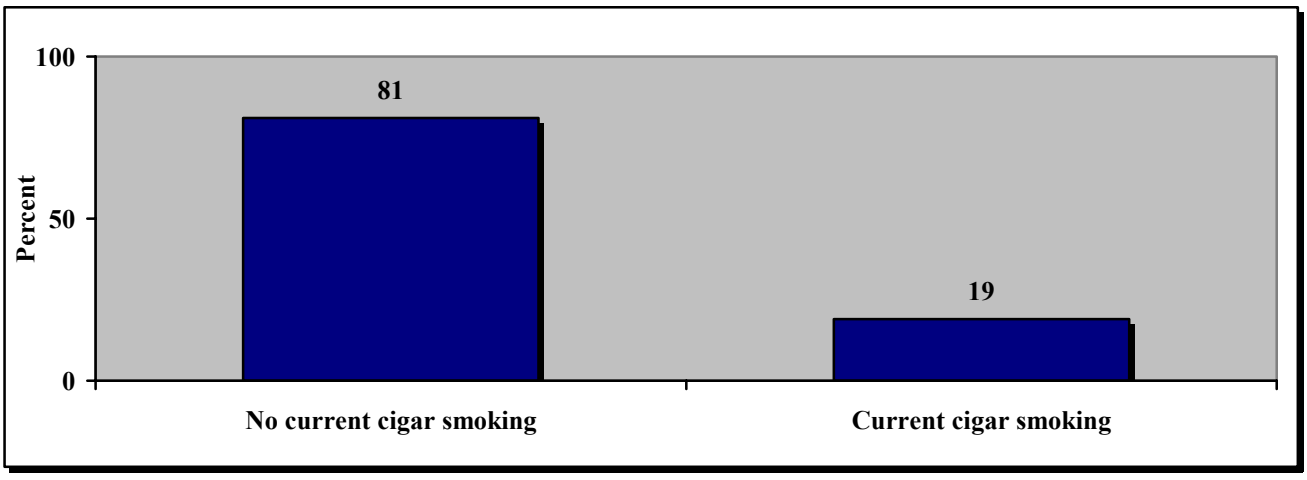
- Of those who reported that they had smoked cigars, **nineteen percent (19%)** of the adults in Washington County reported current cigar use.

Table 19: Current cigar smoking

	No current cigar smoking	Current cigar smoking
%	**81**	**19**
CI	(74.3-87.8)	(12.2-25.7)
n	344	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 19: Current cigar smoking



Tobacco Use (continued)

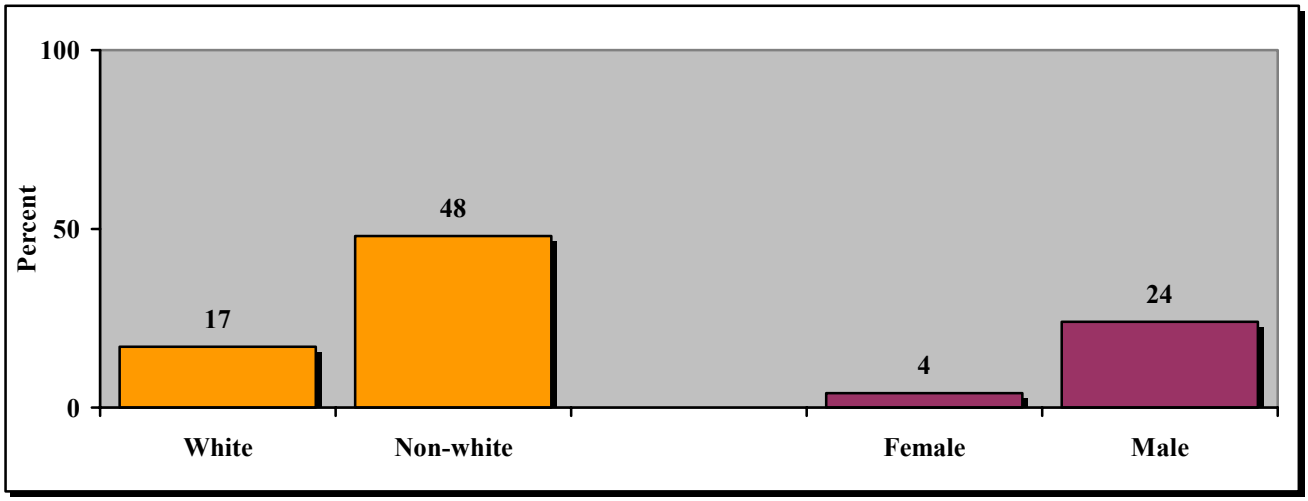
Question: Do you smoke cigars every day, some days, or not at all?

Table 20: Current cigar smoking, by race and gender

		No current cigar smoking	Current cigar smoking
Race			
White	**%**	**83**	**17**
	CI	(76.5-89.6)	(10.4-23.5)
	n	329	
Non-White	**%**	**52**	**48**
	CI	(17.4-87.3)	(12.7-82.6)
	n	14	
Gender			
Female	**%**	**96**	**4**
	CI	(91.5-99.6)	(0.4-8.5)
	n	125	
Male	%	**76**	**24**
	CI	(67.2-84.6)	(15.4-32.8)
	n	219	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 20: Of those who respondended that they had smoked cigars, the percentage of respondents who reported current cigar use, by race, and gender



Tobacco Use (continued)

Table 21: Current cigar smoking, by age, education, and income

		No current cigar smoking	Current cigar smoking
Age			
18-39	**%**	**69**	**31**
	CI	(56.3-81.6)	(18.4-43.7)
	n	79	
40-64	**%**	**90**	**10**
	CI	(84.9-95.6)	(4.4-15.1)
	n	170	
65+	**%**	**96**	**4**
	CI	(92.6-99.7)	(0.3-7.4)
	n	91	
Education			
< High School Education	**%**	**88**	**12**
	CI	(74.4-100.0)	(0.0-25.6)
	n	32	
High School Graduate	**%**	**82**	**18**
	CI	(71.6-91.6)	(8.4-28.4)
	n	175	
College Graduate	**%**	**79**	**21**
	CI	(68.9-88.9)	(11.1-31.1)
	n	135	
Income			
<$20,000	**%**	**66**	**34**
	CI	(38.5-94.5)	(5.5-61.5)
	n	50	
$20,000-$50,000	**%**	**84**	**15**
	CI	(74.1-95.8)	(4.2-25.9)
	n	130	
>$50,000	**%**	**81**	**19**
	CI	(71.7-89.9)	(10.1-28.3)
	n	126	

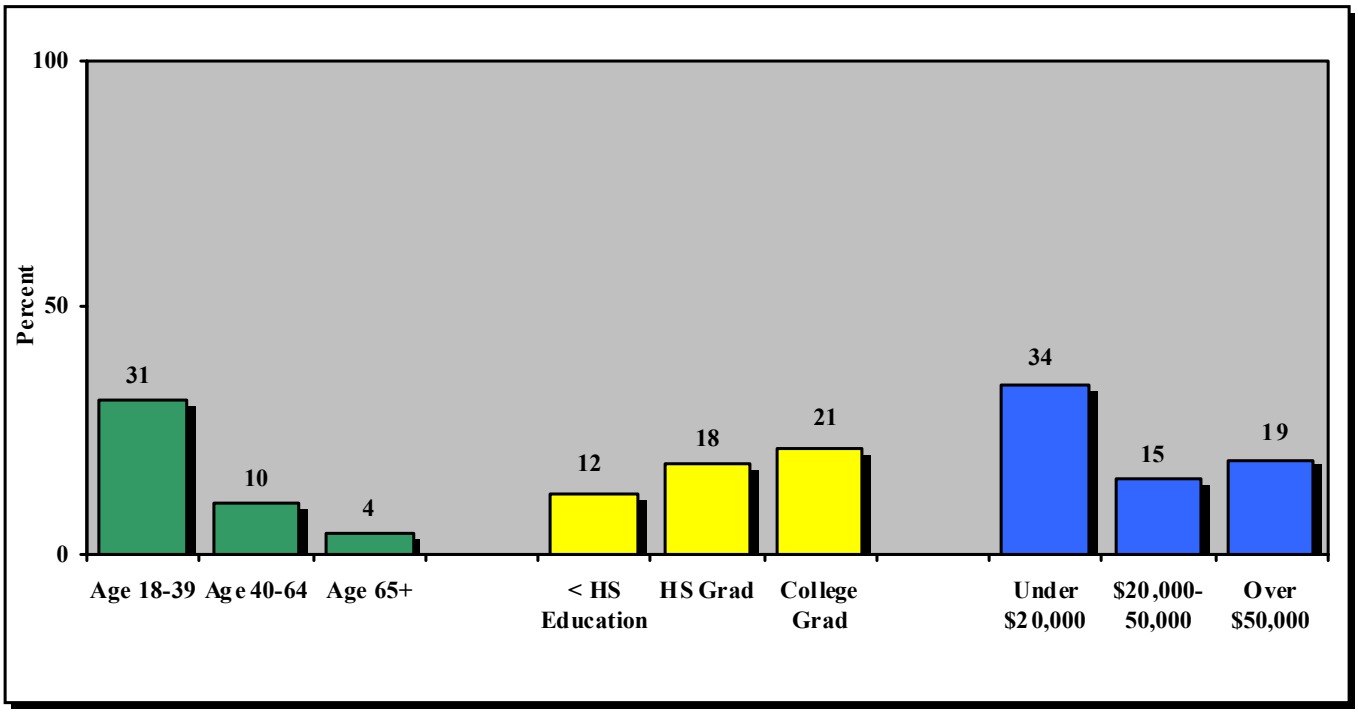
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Do you smoke cigars every day, some days, or not at all?

Risk Factor Definition: Current cigar smoking

Figure 21: Of those who respondended that they had smoked cigars, the percentage of respondents who reported current cigar use, by age, education, and income



Pipe Smoking

Risk Factor Definition: Ever smoked a pipe

Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

At Risk: Those who answered "yes" are considered at risk.

Who is at risk in Washington County

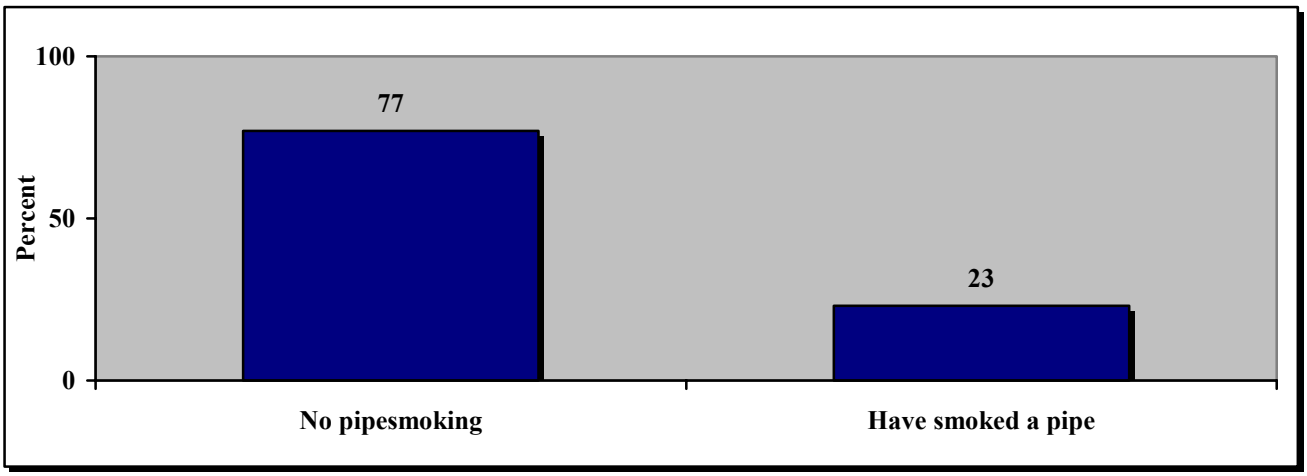
- **Twenty-three percent (23%)** of the **adults** in Washington County reported that they had smoked tobacco in a pipe, even one or two puffs.

Table 22: Ever smoked a pipe

	No pipe smoking	Have smoked a pipe
%	**77**	**23**
CI	(73.1-81.1)	(18.9-26.9)
n	785	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 22: Ever smoked a pipe



Tobacco Use (continued)

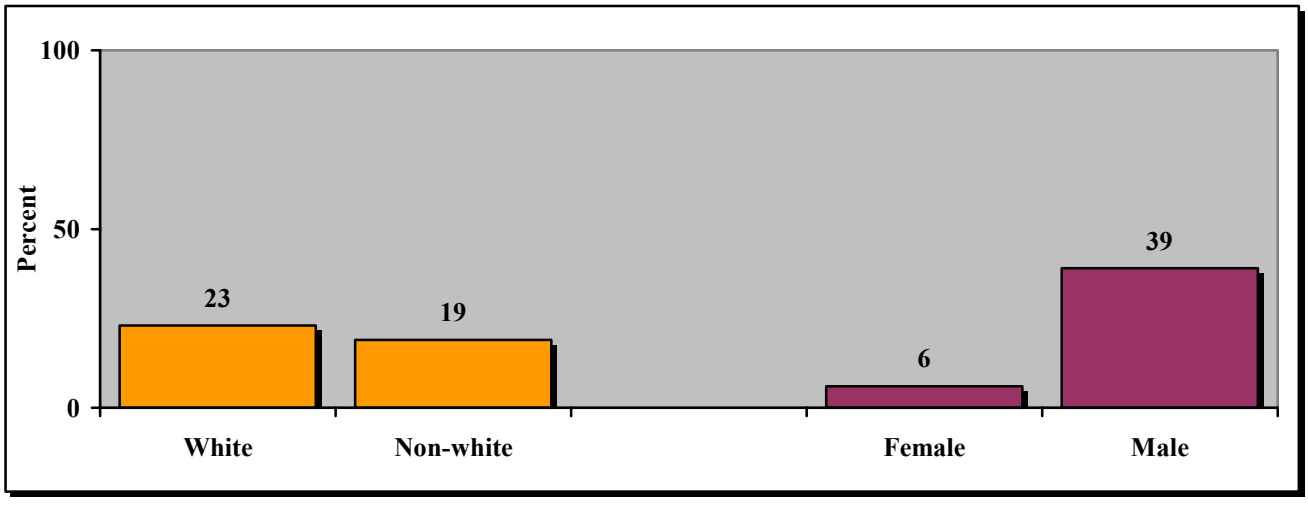
Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

Table 23: Ever smoked a pipe, by race and gender

		No pipe smoking	Have smoked a pipe
Race			
White	**%**	**77**	**23**
	CI	(72.4-80.7)	(19.3-27.6)
	n	733	
Non-White	**%**	**81**	**19**
	CI	(65.7-97.0)	(3.0-34.3)
	n	49	
Gender			
Female	**%**	**94**	**6**
	CI	(91.5-95.9)	(4.1-8.5)
	n	487	
Male	%	**61**	**39**
	CI	(53.5-67.8)	(32.2-46.5)
	n	298	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 23: Percentage of respondents who reported that they had smoked a pipe, by race, and gender



Tobacco Use (continued)

Table 24: Ever smoked a pipe, by age, education, and income

		No pipe smoking	Have smoked a pipe
Age			
18-39	**%**	**85**	**15**
	CI	(78.4-90.9)	(9.1-21.6)
	n	176	
40-64	**%**	**71**	**29**
	CI	(65.6-76.5)	(23.5-34.4)
	n	371	
65+	**%**	**65**	**35**
	CI	(58.3-72.4)	(27.6-41.7)
	n	225	
Education			
< High School Education	**%**	**89**	**11**
	CI	(82.2-94.9)	(5.1-17.8)
	n	92	
High School Graduate	**%**	**78**	**22**
	CI	(72.3-83.9)	(16.1-27.7)
	n	412	
College Graduate	**%**	**71**	**29**
	CI	(64.7-77.8)	(22.2-35.3)
	n	277	
Income			
<$20,000	**%**	**76**	**24**
	CI	(64.3-88.1)	(11.9-35.7)
	n	126	
$20,000-$50,000	**%**	**74**	**26**
	CI	(67.8-81.0)	(19.0-32.2)
	n	287	
>$50,000	**%**	**77**	**23**
	CI	(71.4-83.4)	(16.6-28.6)
	n	271	

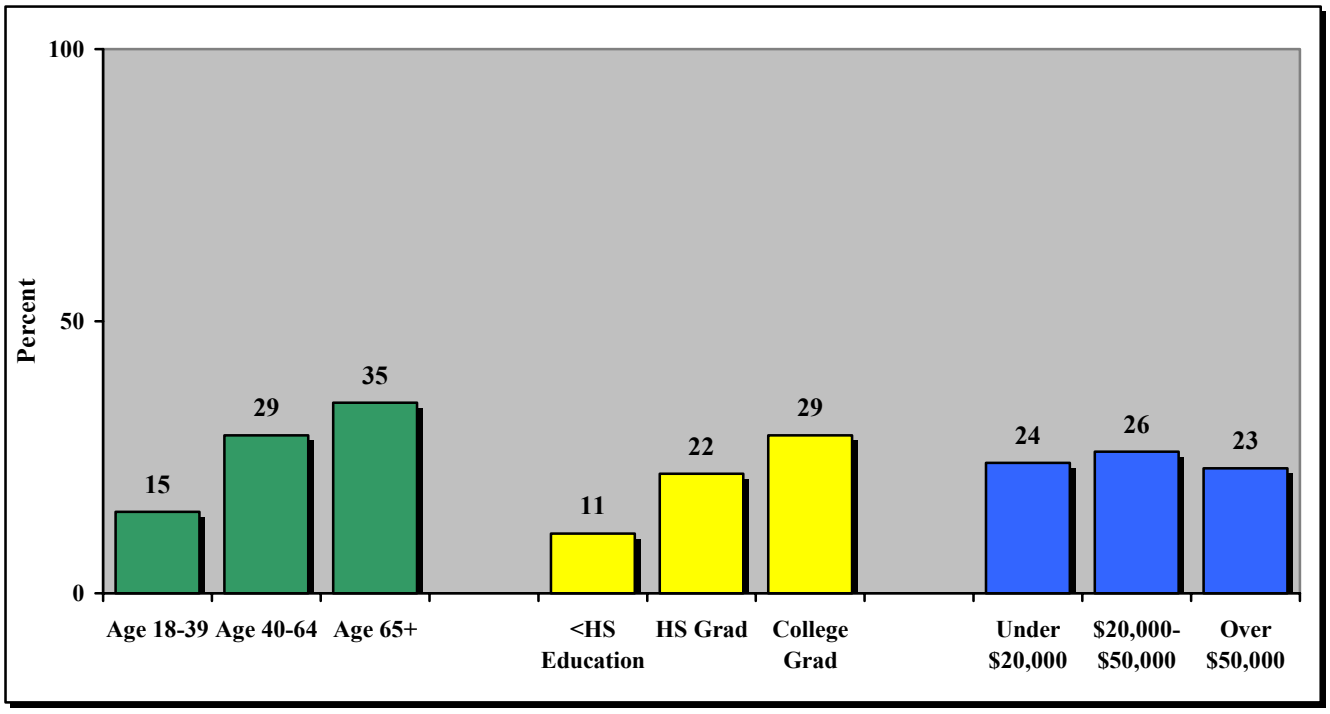
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Have you ever smoked a pipe, even one or two puffs?

Risk Factor Definition: Ever smoked a pipe

Figure 24: Percentage of respondents who reported that they had smoked a pipe, by age, education, and income



Current Pipe Smoking

Risk Factor Definition: Current pipe smoking

Question: Do you now smoke a pipe every day, some days, or not at all?

At Risk: **Of those respondents who reported that they had ever smoked a pipe,** those adults who answered "every day" or "some days" (i.e. current pipe smokers) are considered at risk.

Who is at risk in Washington County?

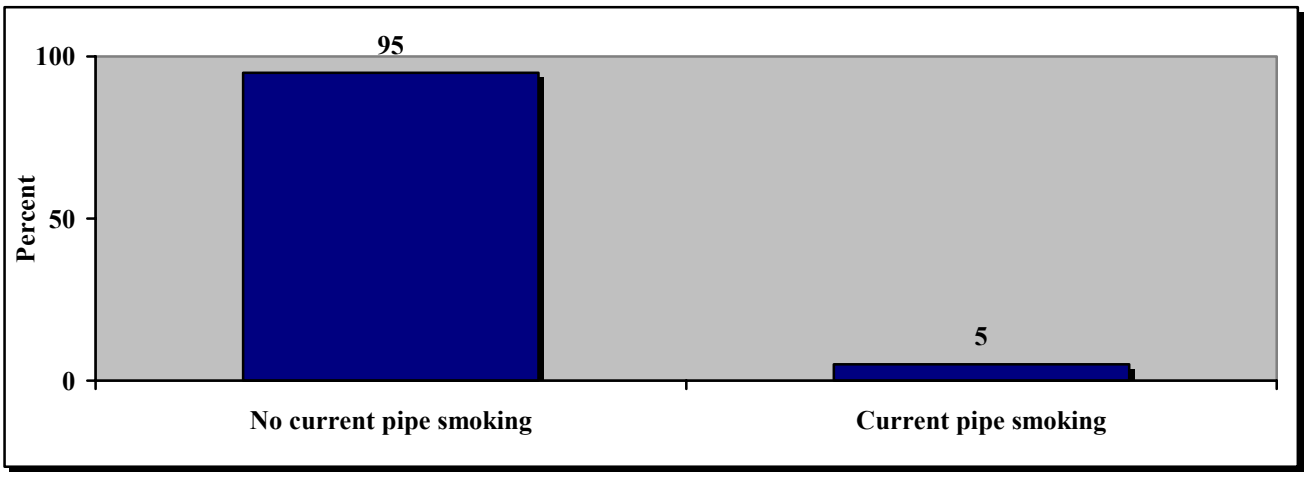
- Of those who responded that they had smoked tobacco in a pipe, **five percent (5%)** of the adults in Washington County reported current pipe smoking.

Table 25: Current pipe smoking

	No current pipe smoking	Current pipe smoking
%	**95**	**5**
CI	(90.5-99.0)	(1.0-9.5)
n	202	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 25: Current pipe smoking



Tobacco Use (continued)

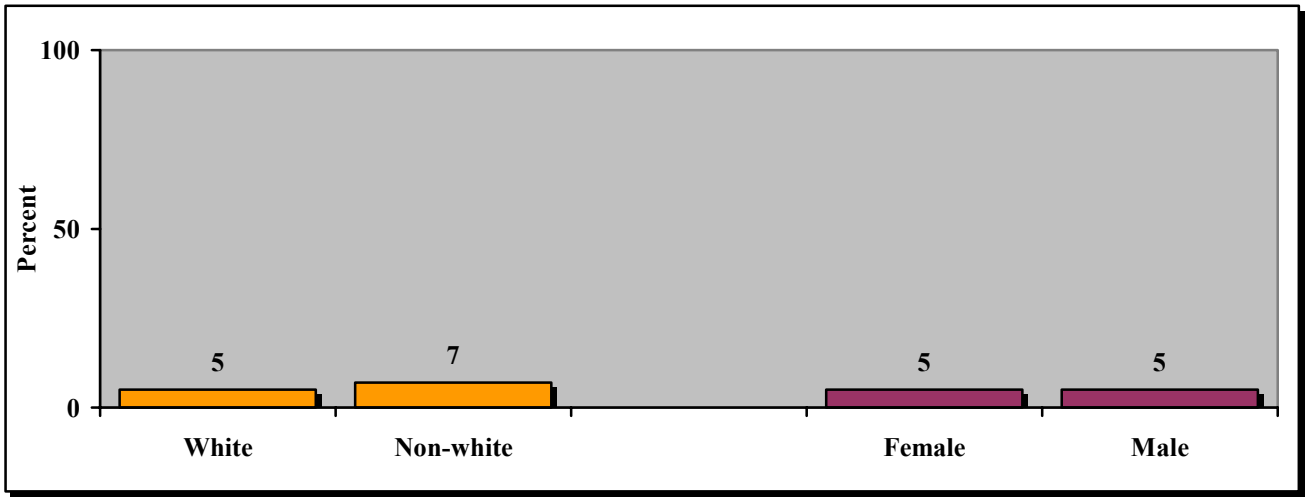
Question: Do you now smoke a pipe every day, some days, or not at all?

Table 26: Current pipe smoking, by race and gender

		No current pipe smoking	Current pipe smoking
Race			
White	**%**	**95**	**5**
	CI	(90.5-99.4)	(0.6-9.5)
	n	194	
Non-White	**%**	**93**	**7**
	CI	(78.1-100.0)	(0.0-21.9)
	n	8	
Gender			
Female	**%**	**95**	**5**
	CI	(85.3-100.0)	(0.0-14.7)
	n	48	
Male	%	**95**	**5**
	CI	(90.1-99.5)	(0.5-9.9)
	n	154	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 26: Of those who responded that they had smoked tobacco in a pipe, the percentage of respondents who reported current pipe smoking, by race, and gender



Tobacco Use (continued)

Table 27: Current pipe smoking, by age, education, and income

		No current pipe smoking	Current pipe smoking
Age			
18-39	**%**	**91**	**9**
	CI	(80.1-100.0)	(0.0-19.9)
	n	28	
40-64	**%**	**95**	**5**
	CI	(90.3-100.0)	(0.0-9.7)
	n	100	
65+	**%**	**100**	**-**
	CI	(100.0-100.0)	-
	n	71	
Education			
< High School Education	**%**	**100**	**-**
	CI	(100.0-100.0)	-
	n	18	
High School Graduate	**%**	**99**	**1**
	CI	(96.1-100.0)	(0.0-3.9)
	n	102	
College Graduate	**%**	**89**	**11**
	CI	(79.2-98.4)	(1.6-20.8)
	n	80	
Income			
<$20,000	**%**	**94**	**6**
	CI	(83.4-100.0)	(0.0-16.6)
	n	34	
$20,000-$50,000	**%**	**100**	**-**
	CI	(100.0-100.0)	-
	n	74	
>$50,000	**%**	**88**	**12**
	CI	(78.2-98.8)	(1.2-21.8)
	n	68	

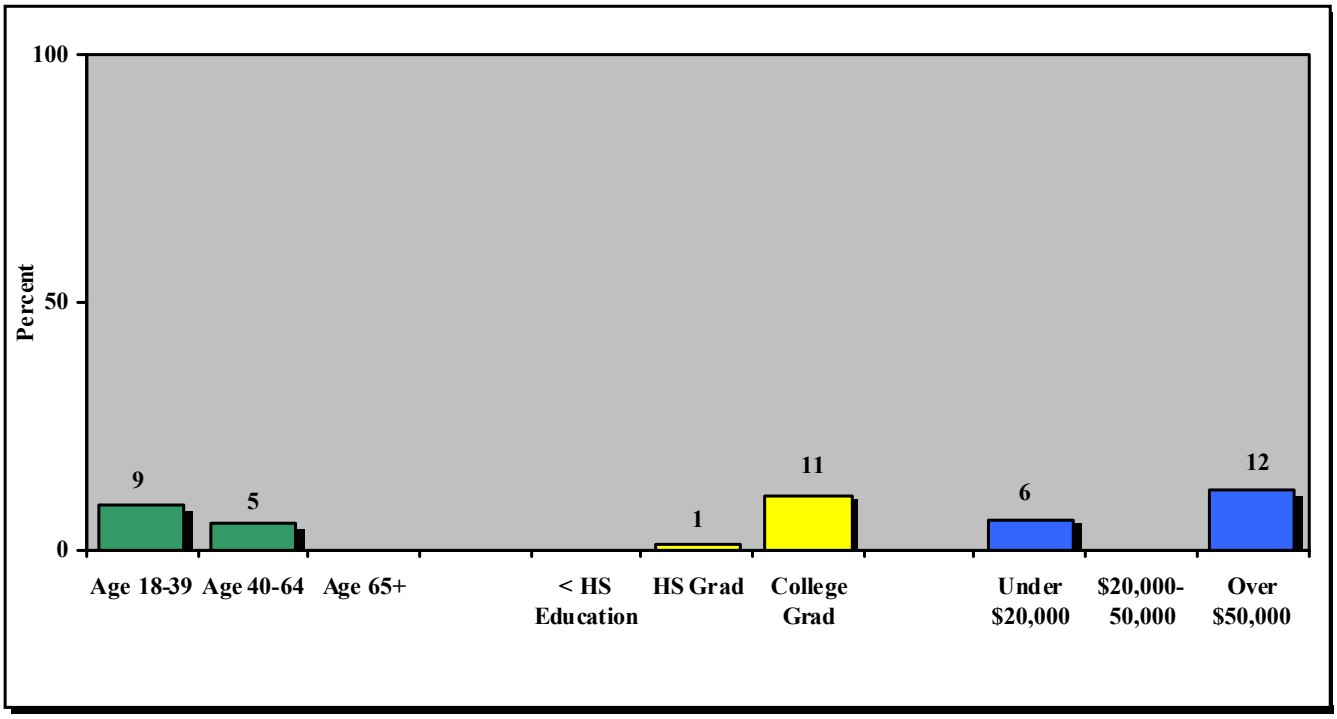
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Do you now smoke a pipe every day, some days, or not at all?

Risk Factor Definition: Current pipe smoking

Figure 27: Of those who responded that they had smoked tobacco in a pipe, the percentage of respondents who reported current pipe smoking, by age, education, and income



Smoking in Home

Risk Factor Definition: Smoking is allowed in the home

Question: Which statement best describes the rules of smoking inside your home?

At Risk: Those who did not indicate that smoking is not allowed anywhere inside the homes are considered at risk.

Who is at risk in Washington County?

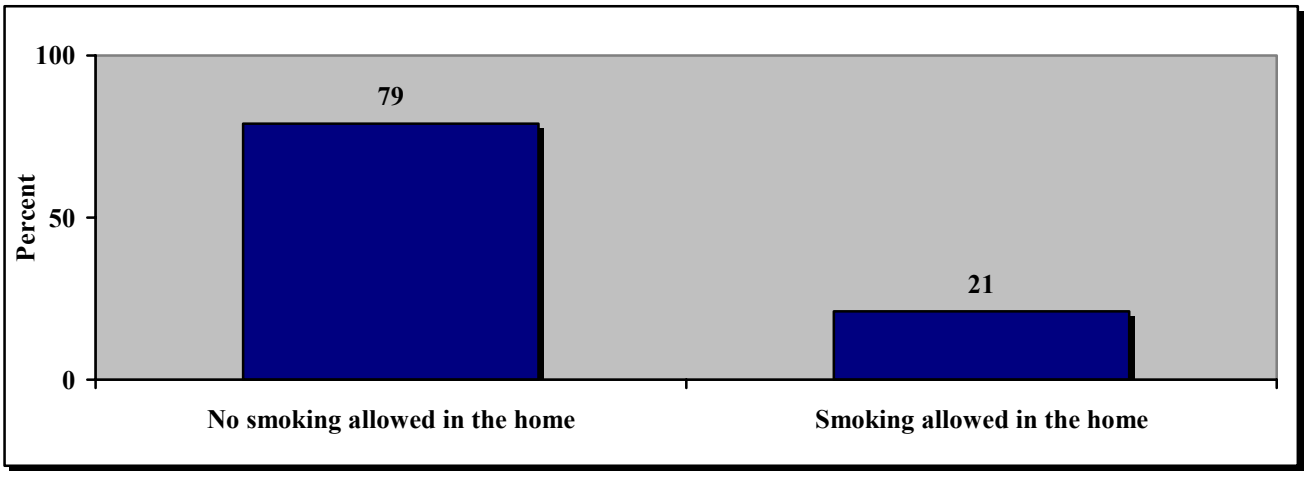
- **Twenty-one percent (21%)** of the adults in Washington County reported that smoking is allowed inside their home.

Table 28: Smoking in the home

	No smoking allowed in the home	Smoking in the home
%	**79**	**21**
CI	(72.7-84.4)	(15.6-27.3)
n	781	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 28: Smoking in the home



Tobacco Use (continued)

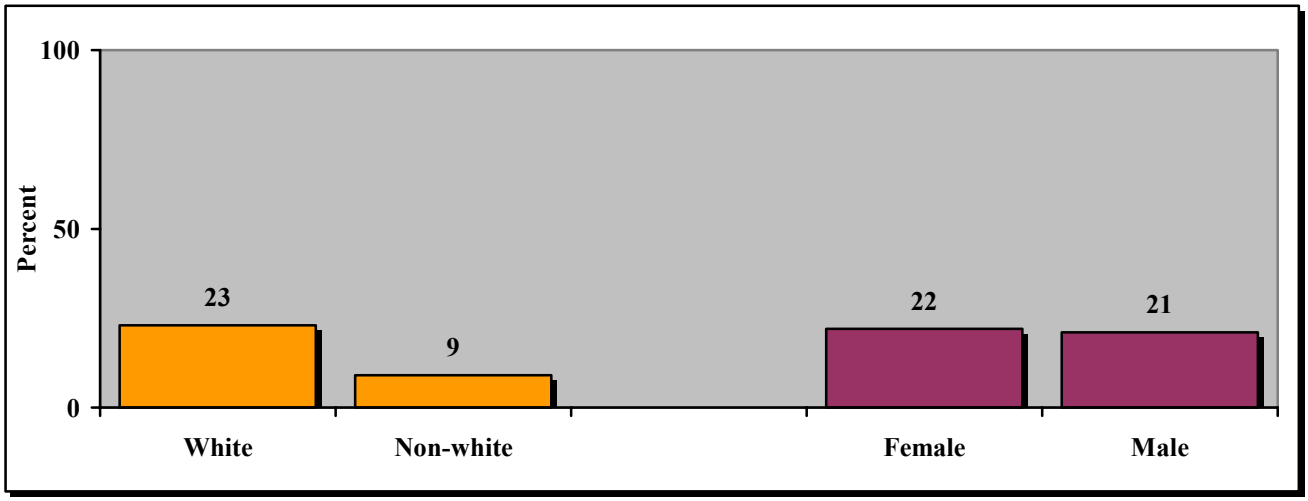
Question: Which statement best describes the rules of smoking inside your home?

Table 29: Smoking in the home, by race and gender

		No smoking allowed in the home	Smoking in the home
Race			
White	**%**	**77**	**23**
	CI	(70.9-83.5)	(16.5-29.1)
	n	729	
Non-White	**%**	**91**	**9**
	CI	(84.1-98.3)	(1.7-15.9)
	n	49	
Gender			
Female	**%**	**78**	**22**
	CI	(68.5-87.8)	(12.2-31.5)
	n	486	
Male	%	**79**	**21**
	CI	(72.5-85.6)	(14.4-27.5)
	n	295	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 29: Percentage of respondents who reported that smoking is allowed in the home, by race, and gender



Tobacco Use (continued)

Table 30: Smoking in the home, by age, education, and income

		No smoking allowed in the home	Smoking in the home
Age			
18-39	**%**	**85**	**15**
	CI	(73.5-96.2)	(3.8-26.5)
	n	175	
40-64	**%**	**74**	**26**
	CI	(68.2-79.5)	(20.5-31.8)
	n	370	
65+	**%**	**68**	**32**
	CI	(61.1-75.0)	(25.0-38.9)
	n	223	
Education			
< High School Education	**%**	**68**	**32**
	CI	(50.7-84.6)	(15.4-49.3)
	n	91	
High School Graduate	**%**	**74**	**26**
	CI	(65.1-83.3)	(16.7-34.9)
	n	410	
College Graduate	**%**	**91**	**9**
	CI	(87.5-94.6)	(5.4-12.5)
	n	276	
Income			
<$20,000	**%**	**78**	**22**
	CI	(69.6-86.6)	(13.4-30.4)
	n	125	
$20,000-$50,000	**%**	**77**	**23**
	CI	(70.4-83.5)	(16.5-29.6)
	n	286	
>$50,000	**%**	**90**	**10**
	CI	(85.6-93.8)	(6.2-14.4)
	n	269	

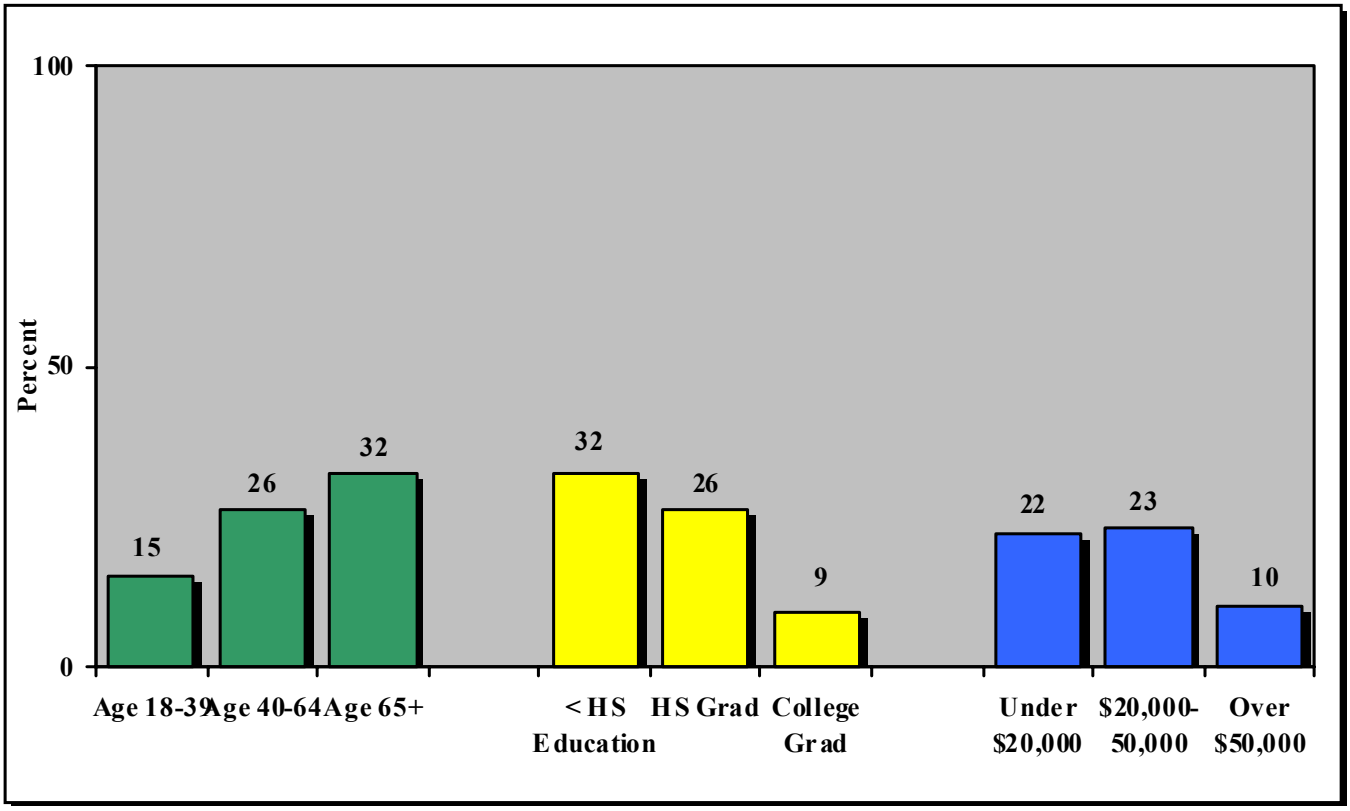
% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Tobacco Use (continued)

Question: Which statement best describes the rules of smoking inside your home?

Risk Factor Definition: Smoking is allowed in the home

Figure 30: Percentage of respondents who reported that smoking is allowed in the home, by age, education, and income



Women's Health and Risk Factors

Breast Cancer Screening and Knowledge

Breast cancer is the most frequently diagnosed cancer among Arkansas women, aside from skin cancer. According to the American Cancer Society, mammography is very valuable as an early detection tool, often identifying cancer before any physical symptoms develop. Early detection saves lives and increases treatment options.

Advertisements for mammogram tests

Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

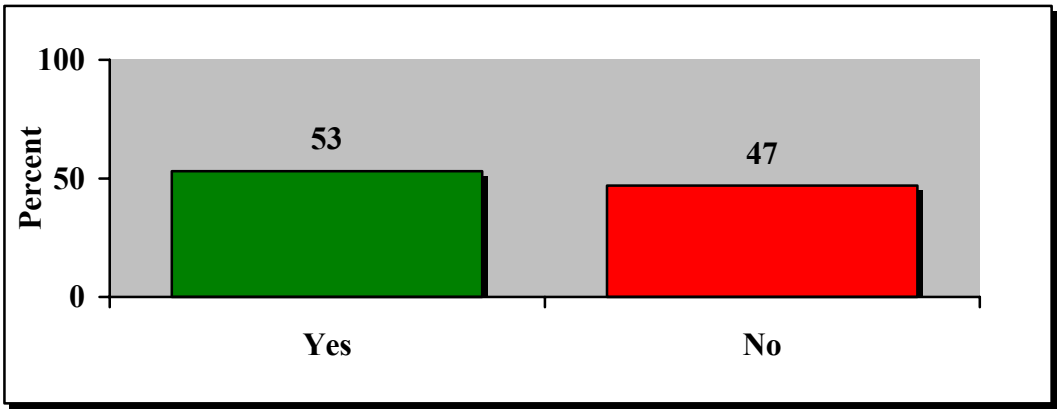
- **Forty-seven percent (47%)** of female respondents reported that **they had not** noticed posters, billboards, commercials, or advertisements for mammogram tests during the month preceding the survey.

Table 1: Reported sightings of advertisements for mammogram tests

	Yes	No
%	**53**	**47**
CI	(44.8-61.5)	(38.5-55.2)
n	485	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 1: Reported sightings of advertisements for mammogram tests



Breast Cancer Screening and Knowledge (continued)

Free breast exams and mammograms

Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

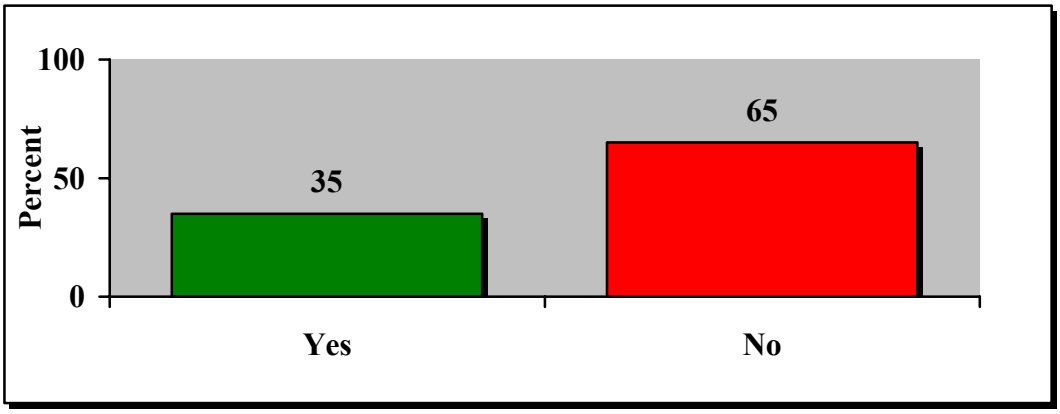
- **Sixty-five percent (65%)** of female respondents reported that **they did not know** the local health department offers free breast exams and mammograms to women age 40 and older.

Table 2: Reported knowledge of free breast exams

	Yes	No
%	**35**	**65**
CI	(28.3-41.8)	(58.2-71.7)
n	489	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 2: Reported knowledge of free breast exams



Cost of mammogram test

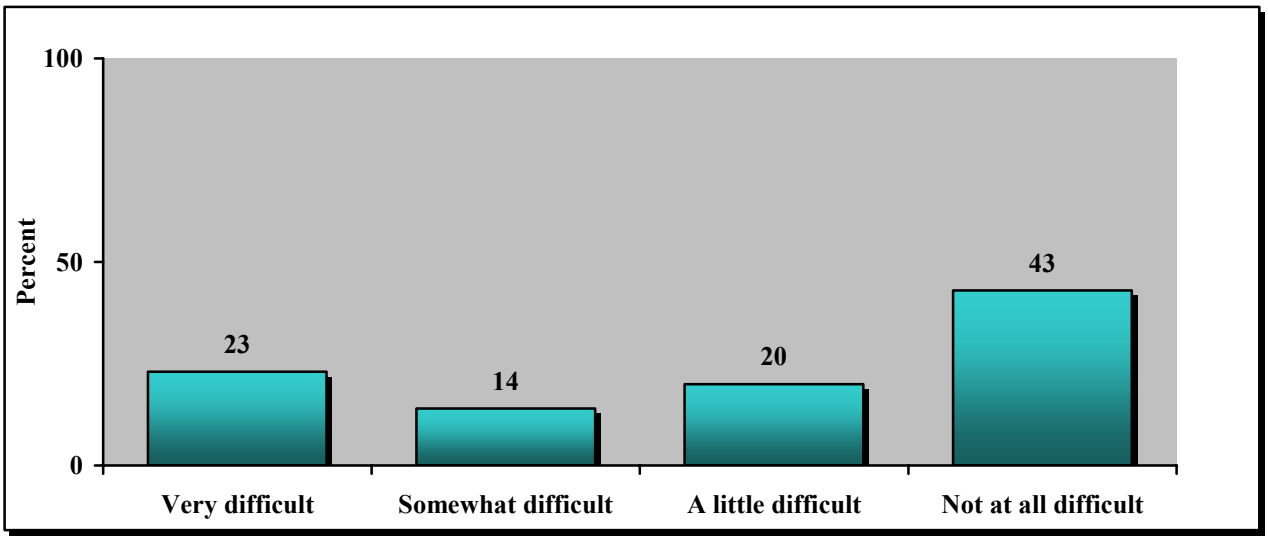
Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

Table 3: Reported ability to pay for a mammogram test

	Very difficult	Somewhat difficult	A little difficult	Not at all difficult
%	**23**	**14**	**20**	**43**
CI	(14.8-31.1)	(9.1-19.9)	(13.2-26.3)	(34.4-51.3)
n	208			

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 3: Reported ability to pay for a mammogram test



Breast Cancer Screening and Knowledge (continued)

A mammogram is an x-ray of each breast to look for breast cancer.

Risk Factor Definition: Women aged 40 years and older, no mammograms within the past two years

Question: Have you ever had a mammogram?
How long has it been since your last mammogram?

At Risk: Women 40 years and older who haven't had a mammogram in the past two years are considered at risk.

Who is at risk in Washington County?

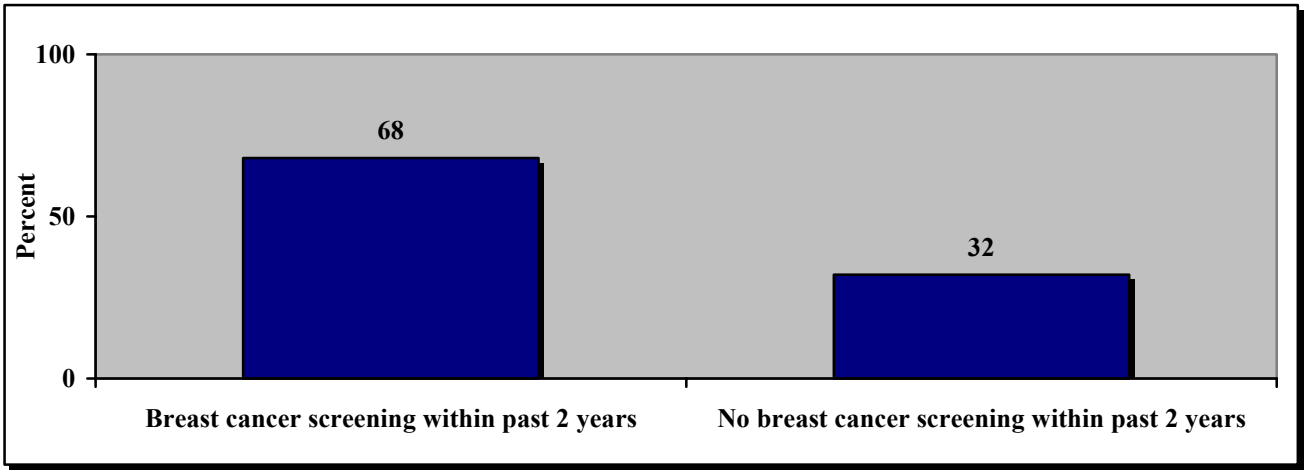
- **Thirty-two percent (32%)** of women over age 40 years had not had a mammogram within those two years preceding the survey.

Table 4: Breast cancer screening within the past 2 years

	Breast cancer screening within the past 2 years	No breast cancer screening within the past 2 years
%	**68**	**32**
CI	(61.9-73.6)	(26.4-38.1)
n	372	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 4: Breast cancer screening within the past 2 years



Breast Cancer Screening and Knowledge (continued)

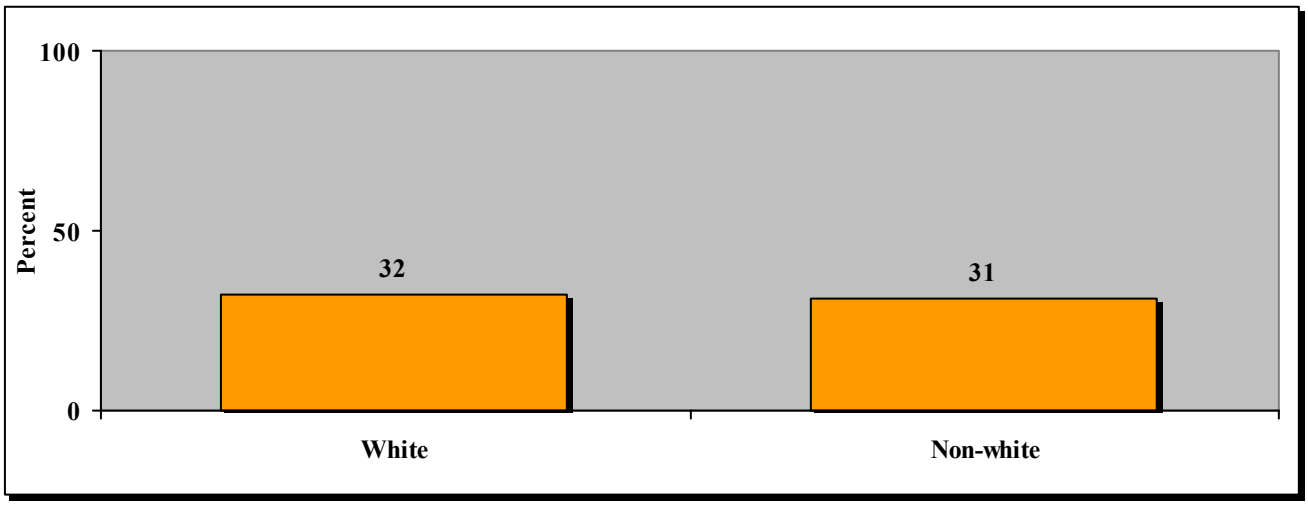
Risk Factor Definition: Women aged 40 years and older, no mammograms within the past two years

Table 5: Breast cancer screening within the past 2 years, by race and gender

		Breast cancer screening within the past 2 years	No breast cancer screening within the past 2 years
Race			
White	**%**	**68**	**32**
	CI	(61.7-73.7)	(26.3-38.3)
	n	355	
Non-White	**%**	**69**	**31**
	CI	(44.1-93.8)	(6.2-55.9)
	n	17	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 5: Percentage of female respondents who reported they not been screened for breast cancer in the past two years preceding the survey, by race, and gender



Breast Cancer Screening and Knowledge (continued)

Table 6: Breast cancer screening within the past 2 years, by age, education, and income

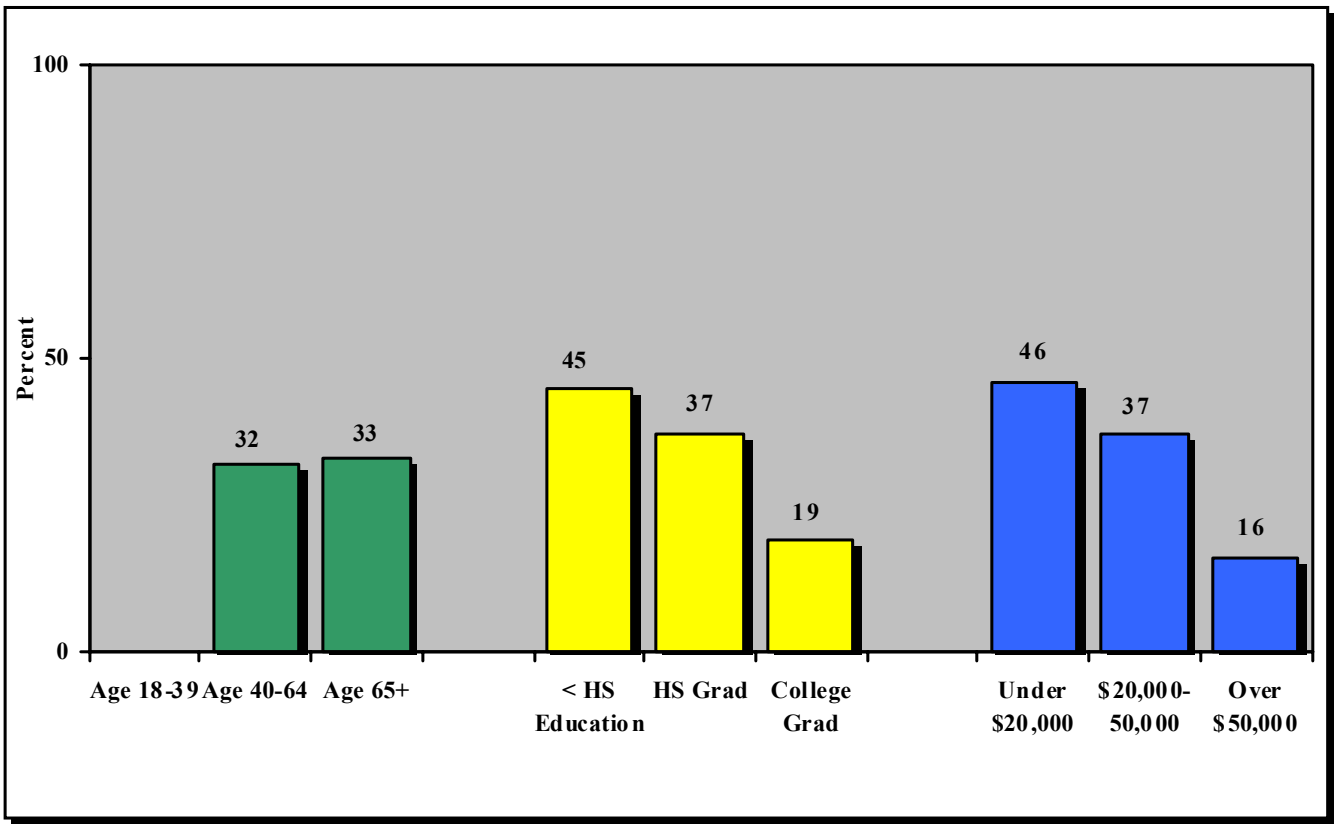
		Breast cancer screening within the past 2 years	No breast cancer screening within the past 2 years
Age			
40-64	**%**	**68**	**32**
	CI	(60.4-75.4)	(24.6-39.6)
	n	225	
65+	**%**	**67**	**33**
	CI	(58.7-76.2)	(23.8-41.3)
	n	147	
Education			
< High School Education	**%**	**55**	**45**
	CI	(35.7-73.4)	(26.6-64.3)
	n	46	
High School Graduate	**%**	**63**	**37**
	CI	(55.4-70.9)	(29.1-44.6)
	n	204	
College Graduate	**%**	**81**	**19**
	CI	(72.1-90.8)	(9.2-27.9)
	n	121	
Income			
<$20,000	**%**	**54**	**46**
	CI	(40.6-67.2)	(32.8-59.4)
	n	75	
$20,000-$50,000	**%**	**63**	**37**
	CI	(53.3-72.3)	(27.7-46.7)
	n	153	
>$50,000	**%**	**84**	**16**
	CI	(74.5-94.2)	(5.8-25.5)
	n	97	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Breast Cancer Screening and Knowledge (continued)

Risk Factor Definition: Women aged 40 years and older, no mammograms within the past two years

Figure 6: Percentage of female respondents who reported they not been screened for breast cancer in the past two years preceding the survey, by, age, education, and income



Breast Cancer Screening and Knowledge (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

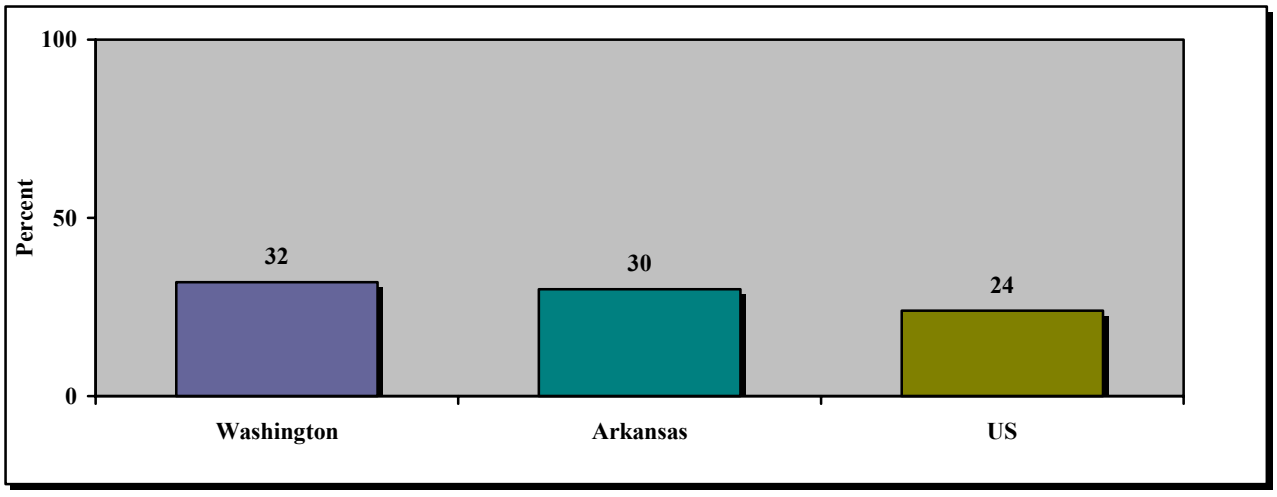
Comparing reported findings on: Breast cancer screening within the past 2 years

Table 7: Breast cancer screening within the past 2 years

		Breast cancer screening within the past 2 years	No breast cancer screening within the past 2 years
Washington County	**%**	**68**	**32**
	CI	(61.9-73.6)	(26.4-38.1)
	n	372	
Arkansas	**%**	**70**	**30**
	CI	(68.0-72.0)	(28.0-32.0)
	n	2667	
US	**^%**	**77**	**24**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 7: Comparing reported findings on no breast cancer screening within the past 2 years



Other Women's Health Screening

Pap smear

Pap tests are used to detect cervical cancer in women. Early stages of cervical cancer often have no signs or symptoms. This makes it important for women to have regular Pap smear tests.

Risk Factor Definition: No Pap smear within the past three years

Question: Have you ever had a Pap smear?
How long has it been since your last Pap smear?

At Risk: Women 18 or older with an intact uterus who have not had a Pap smear within the past three years are considered at risk.

Who is at risk in Washington County?

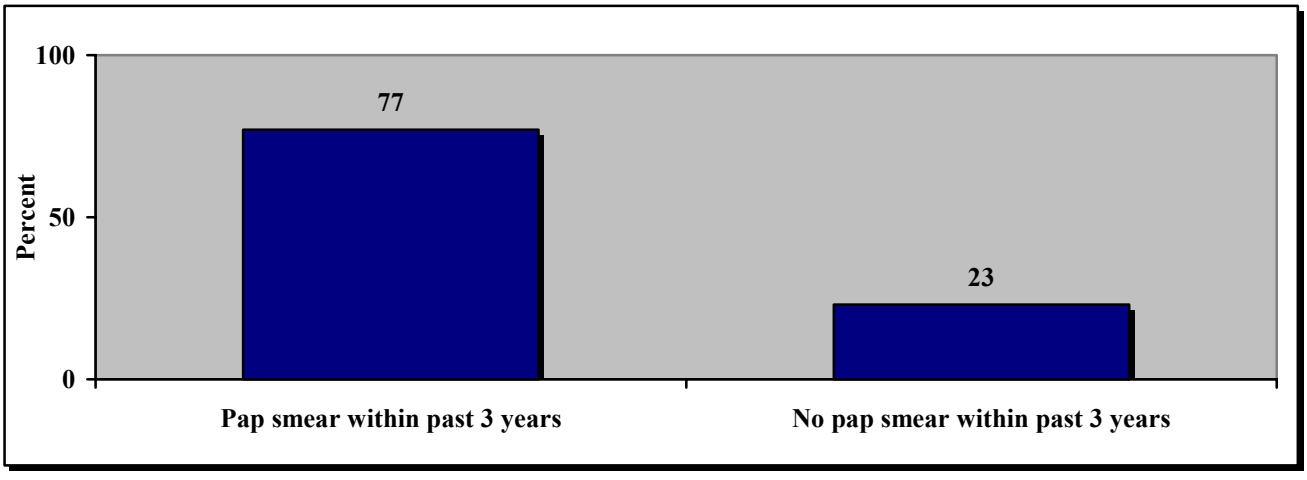
- **Twenty-three percent (23%)** of Washington County adult women reported that they had not had a Pap smear within the three years preceding the survey.

Table 8: Pap smear within the past three years

	Pap smear within the past 3 years	No pap smear within the past 3 years
%	77	23
CI	(71.6-82.8)	(17.2-28.4)
n	482	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 8: Pap smear within the past three years



Other Women's Health Screening (continued)

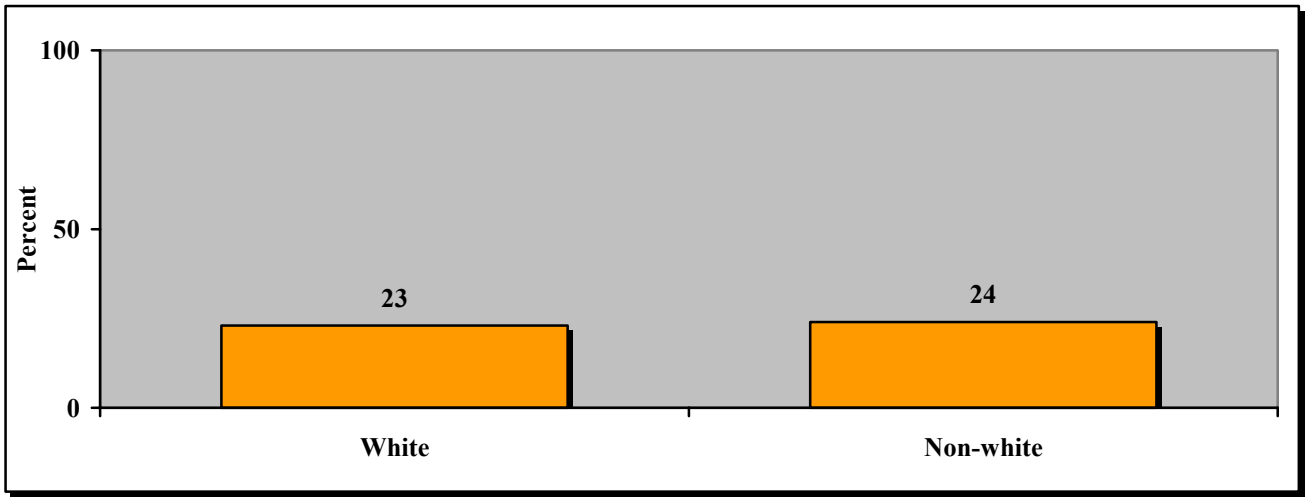
Risk Factor Definition: No pap smear within the past three years

Table 9: Pap smear within the past three years, by race and gender

		Pap smear within the past 3 years	No pap smear within the past 3 years
Race			
White	**%**	**77**	**23**
	CI	(71.3-83.2)	(16.8-28.7)
	n	447	
Non-White	**%**	**76**	**24**
	CI	(58.3-93.4)	(6.5-41.7)
	n	33	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Figure 9: Percentage of female respondents who reported they had not had a pap smear in the past three years, by race, and gender



Other Women's Health Screening (continued)

Table 10: Pap smear in the past three years, by age, education, and income

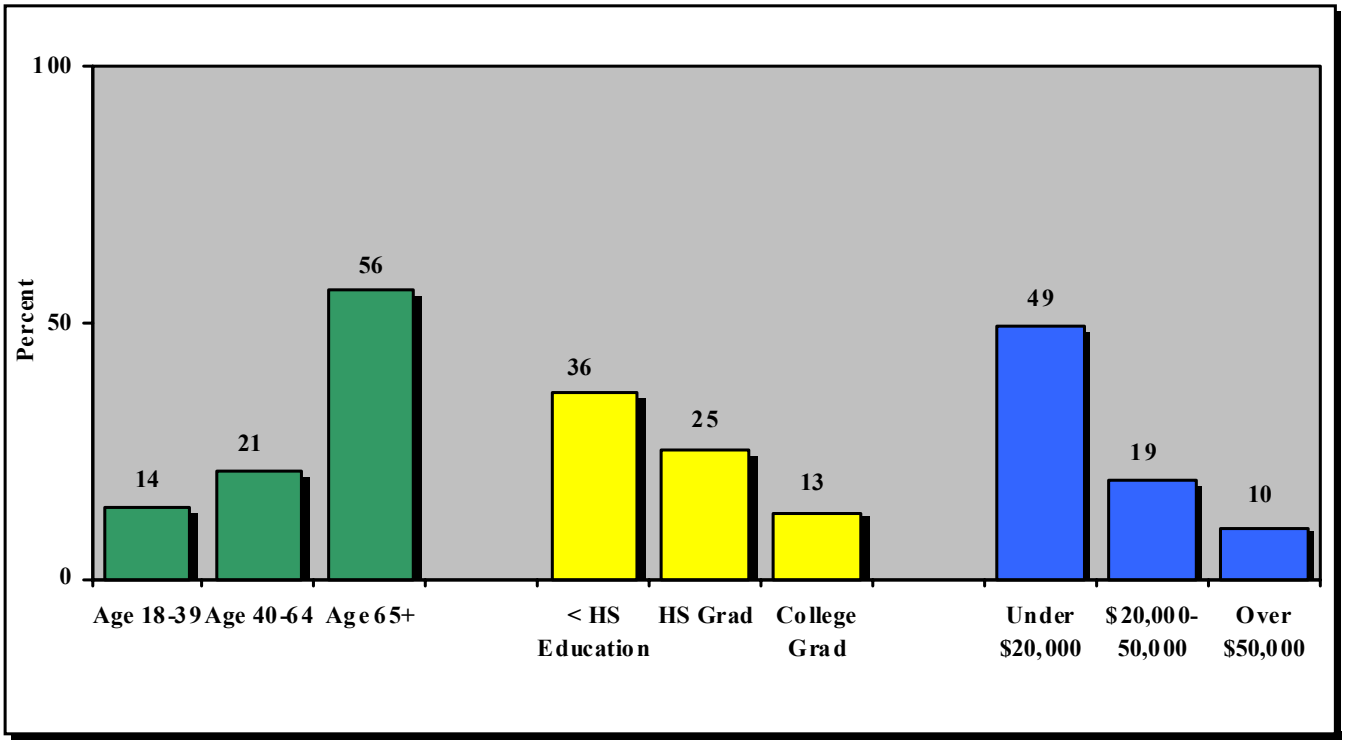
		Pap smear within the past 3 years	No pap smear within the past 3 years
Age			
18-39	**%**	**86**	**14**
	CI	(76.6-95.6)	(4.4-23.4)
	n	104	
40-64	**%**	**79**	**21**
	CI	(72.7-85.2)	(14.8-27.3)
	n	225	
65+	**%**	**44**	**56**
	CI	(34.6-52.7)	(47.3-65.4)
	n	144	
Education			
< High School Education	**%**	**64**	**36**
	CI	(47.9-79.9)	(20.1-52.1)
	n	53	
High School Graduate	**%**	**75**	**25**
	CI	(65.7-83.4)	(16.6-34.3)
	n	262	
College Graduate	**%**	**87**	**13**
	CI	(81.6-93.0)	(7.0-18.4)
	n	165	
Income			
<$20,000	**%**	**51**	**49**
	CI	(35.5-66.2)	(33.8-64.5)
	n	87	
$20,000-$50,000	**%**	**81**	**19**
	CI	(74.6-86.8)	(13.2-25.4)
	n	185	
>$50,000	**%**	**90**	**10**
	CI	(83.9-95.1)	(4.9-16.1)
	n	150	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size)
Use caution in interpreting small cell sizes.

Other Women's Health Screening (continued)

Risk Factor Definition: No pap smear within the past three years

Figure 10: Percentage of female respondents who reported they had not had a pap smear in the past three years, by age, education, and income



Other Women's Health Screening (continued)

How does Washington County compare?

In order to determine Washington County's adult health strengths and weaknesses, the results of the County Adult Health Survey were compared to 2006 state and nationwide BRFSS data.

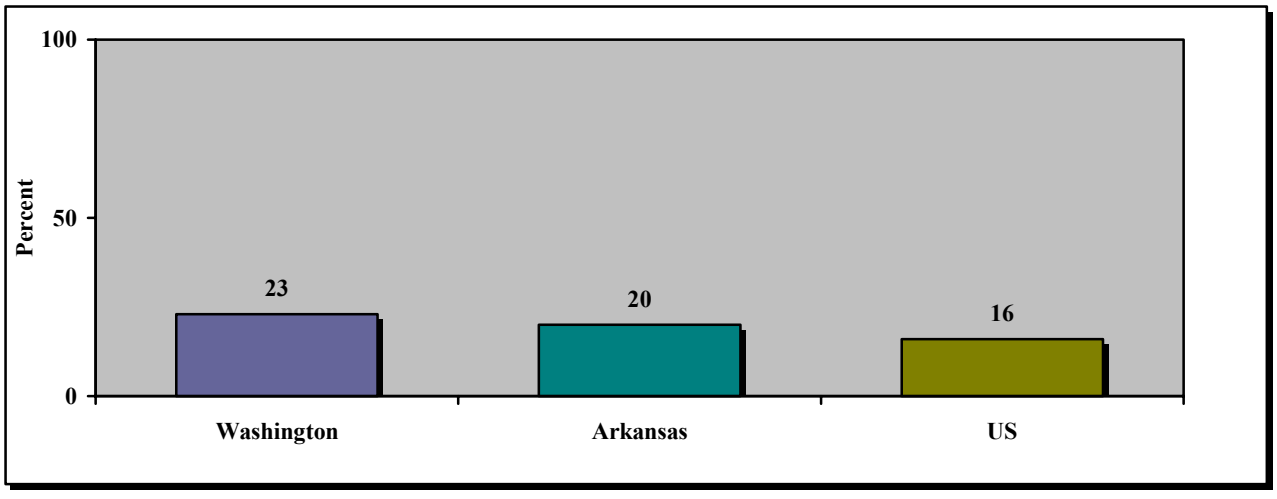
Comparing reported findings on: Pap smear within the past 3 years

Table 11: Pap smear within the past 3 years

		Pap smear within the past 3 years	No pap smear within the past 3 years
Washington County	**%**	**77**	**23**
	CI	(71.6-82.8)	(17.2-28.4)
	n	482	
Arkansas	**%**	**81**	**20**
	CI	(78.3-82.7)	(17.3-21.7)
	n	2122	
US	**^%**	**84**	**16**
	^^n	51	

% = Percentage, CI=Confidence Interval, n=number of respondents (cell size), ^%=Median %, ^^n=Number of States
Use caution in interpreting small cell sizes.

Figure 11: Comparing reported findings on no pap smear within the past 3 years

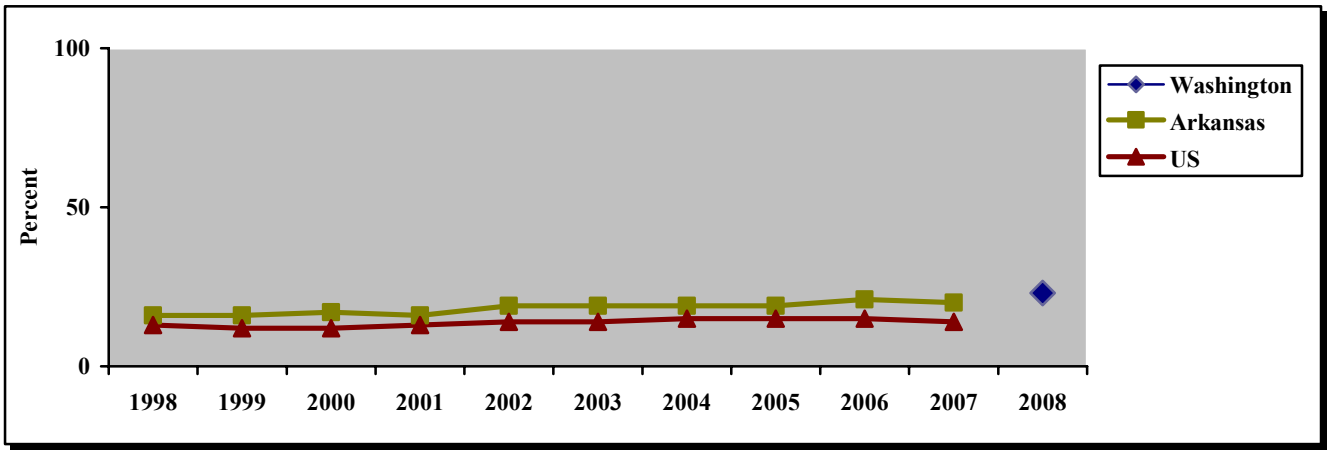


Trend Charts

Trend Charts

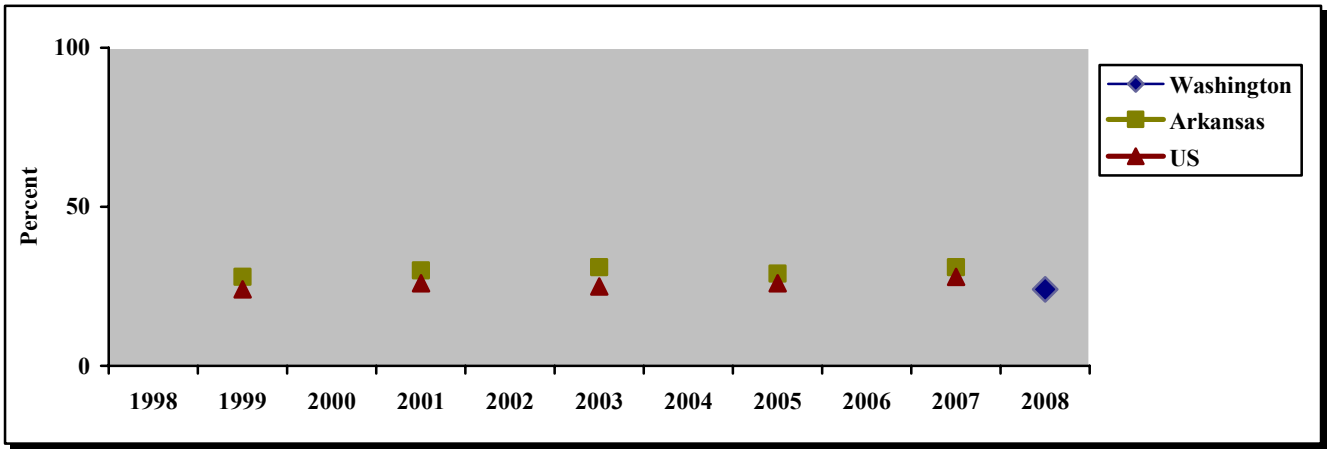
Risk Factor Definition: No health care coverage

Figure 1: Adults who reported that they did not have health care coverage (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



Risk Factor Definition: Have high blood pressure (Hypertension)

Figure 2: Adults who reported hypertension diagnosis by a doctor (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)

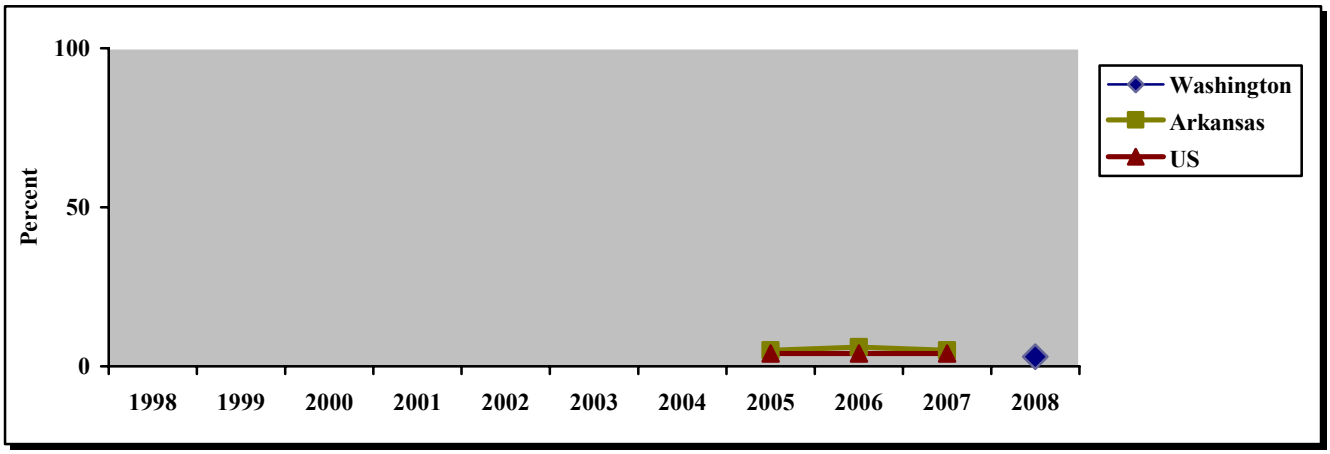


* No data for Arkansas – 1998, 2000, 2002, 2004, 2006
** No data for US (States and DC) – 1998, 2000, 2002, 2004, 2006

Trend Charts (continued)

Risk Factor Definition: Have had a myocardial infarction (Heart attack)

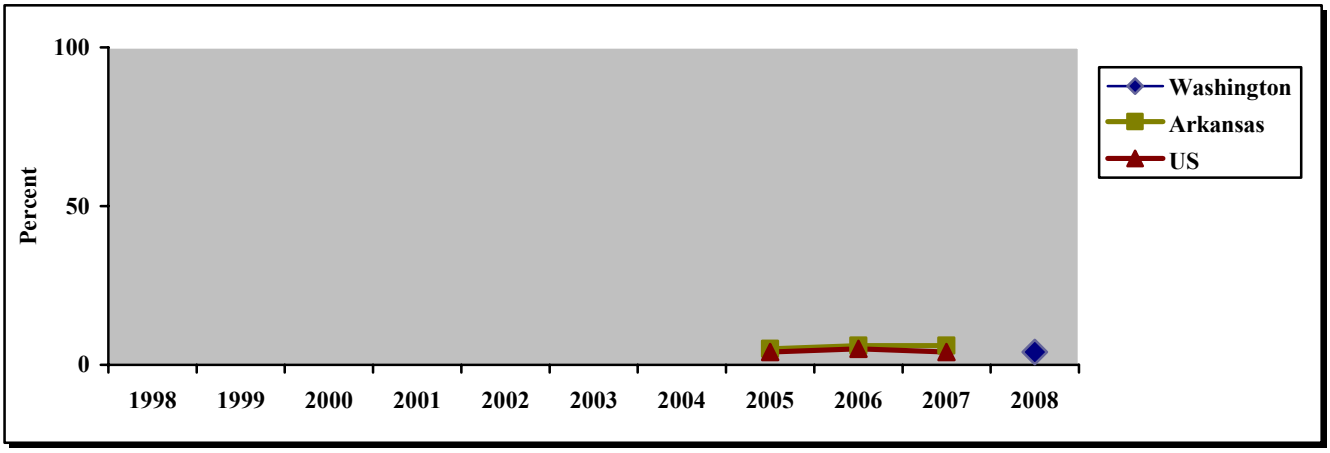
Figure 3: Adults who reported a myocardial infarction diagnosis by a health professional (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 1998, 1999, 2000, 2001, 2002, 2003, 2004
** No data for US (States and DC) – 1998, 1999, 2000, 2001, 2002, 2003, 2004

Risk Factor Definition: Have had angina or coronary heart disease

Figure 4: Adults who reported angina or coronary heart disease diagnosis by a health professional (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)

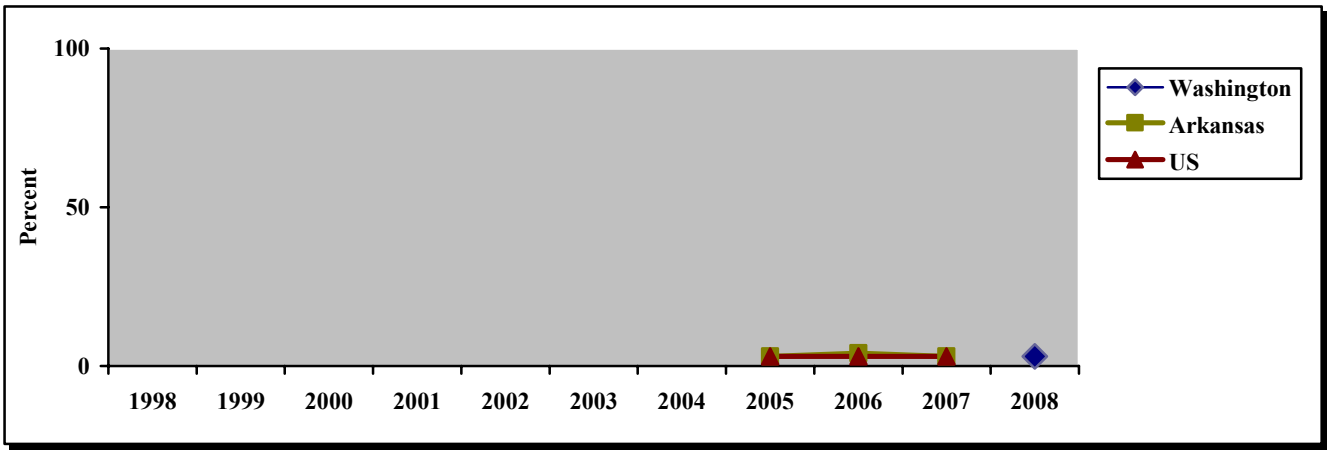


* No data for Arkansas – 1998, 1999, 2000, 2001, 2002, 2003, 2004
** No data for US (States and DC) – 1998, 1999, 2000, 2001, 2002, 2003, 2004

Trend Charts (continued)

Risk Factor Definition: Have had a stroke

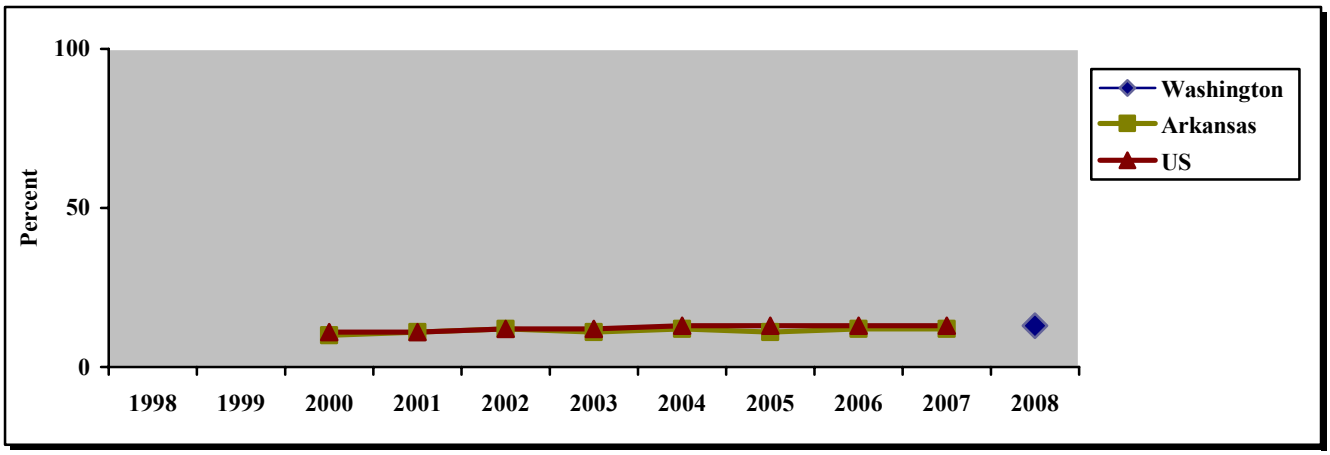
Figure 5: Adults who reported a stroke diagnosis by a health professional (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 1998, 1999, 2000, 2001, 2002, 2003, 2004
** No data for US (States and DC) – 1998, 1999, 2000, 2001, 2002, 2003, 2004

Risk Factor Definition: Have asthma

Figure 6: Adults who reported an asthma diagnosis by a doctor, nurse, or other health professional (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)

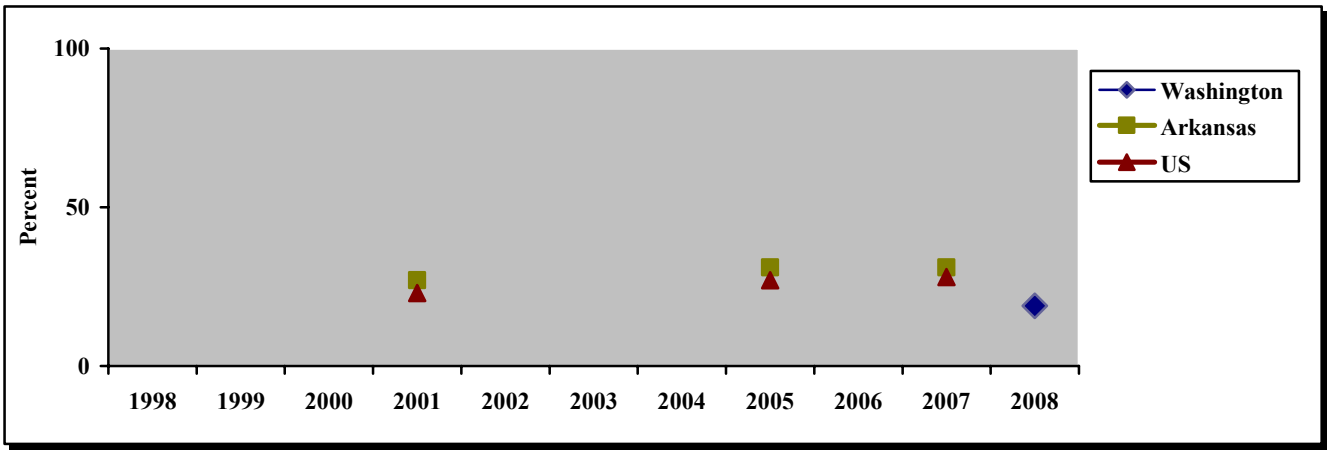


* No data for Arkansas – 1998, 1999
** No data for US (States and DC) – 1998, 1999

Trend Charts (continued)

Risk Factor Definition: Have arthritis

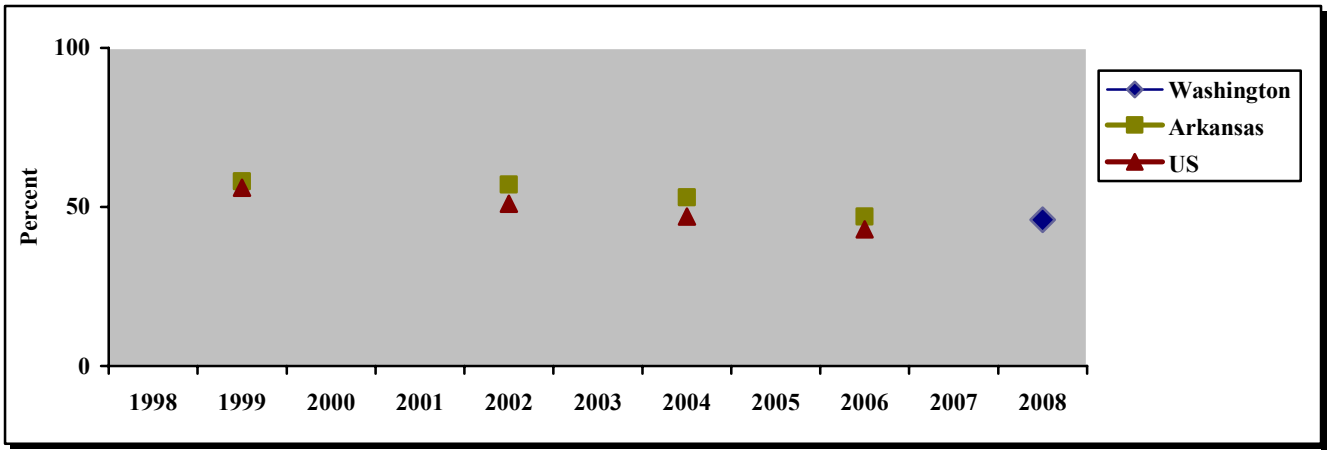
Figure 7: Adults who reported an arthritis diagnosis by a doctor (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 1998, 1999, 2000, 2002, 2003, 2004, 2006
** No data for US (States and DC) – 1998, 1999, 2000, 2002, 2003, 2004, 2006

Risk Factor Definition: Over age 50 years and never been screened for colorectal cancer

Figure 8: Adults over the age 50 years who reported that they had never been screened for colorectal cancer screening (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)

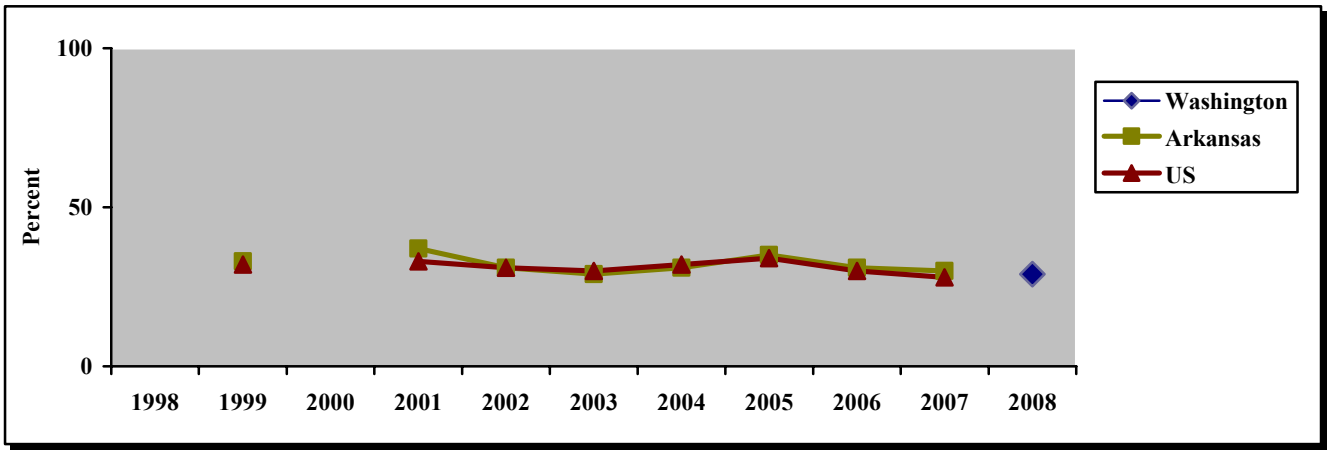


* No data for Arkansas – 1998, 2000, 2001, 2003, 2005, 2007
** No data for US (States and DC) – 1998, 2000, 2001, 2003, 2005, 2007

Trend Charts (continued)

Risk Factor Definition: No influenza shot within the past 12 months

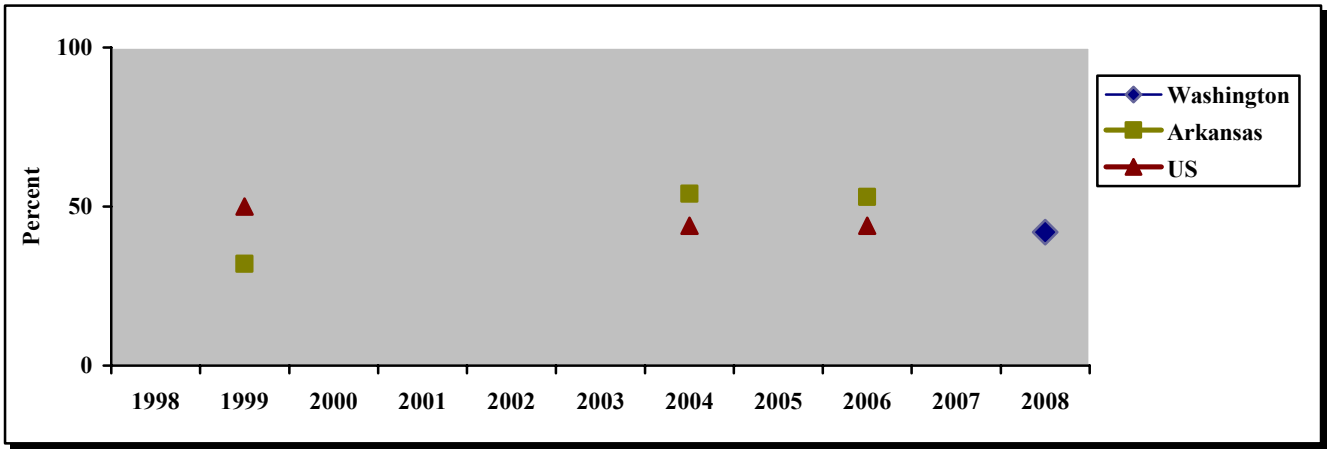
Figure 9: Adults age 65 years and over who reported they had not had an influenza shot in the past 12 months (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 1998, 2000
** No data for US (States and DC) – 1998, 2000

Risk Factor Definition: Permanent teeth extraction

Figure 10: Adults who reported any permanent teeth extracted (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)

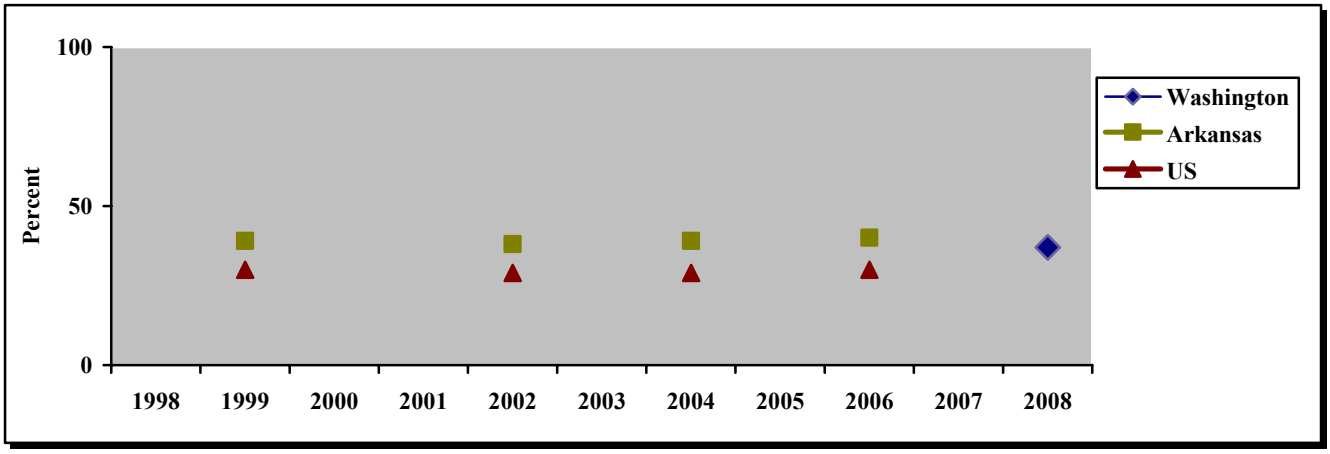


* No data for Arkansas – 1998, 2000, 2001, 2002, 2003, 2005, 2007
** No data for US (States and DC) – 1998, 2000, 2001, 2002, 2003, 2005, 2007

Trend Charts (continued)

Risk Factor Definition: Last dental visit one year or more ago

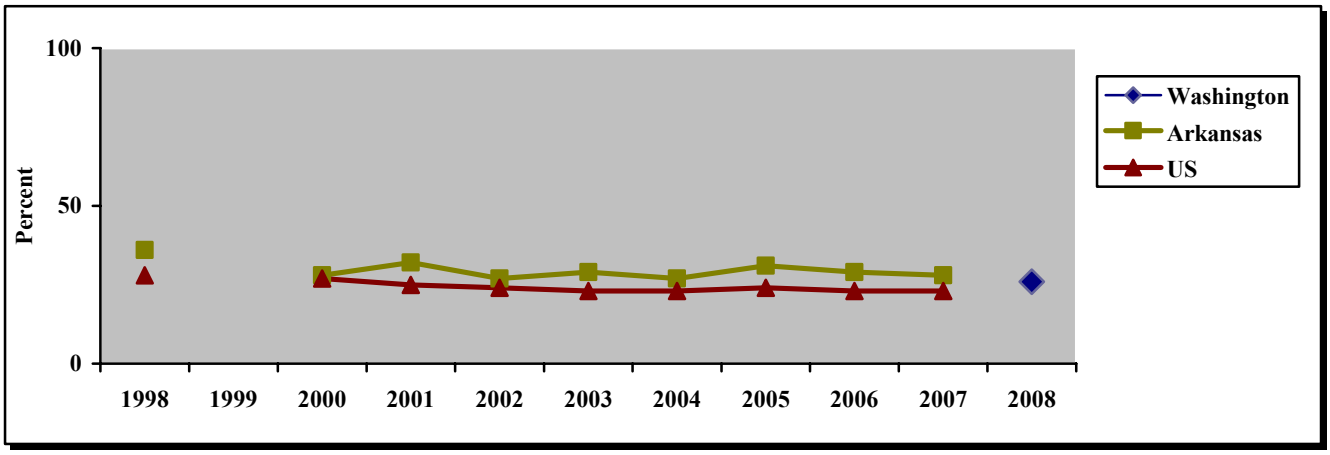
Figure 11: Adults who reported last dental visit one year or more ago (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 1998, 2000, 2001, 2003, 2005, 2007
** No data for US (States and DC) – 1998, 2000, 2001, 2003, 2005, 2007

Risk Factor Definition: No regular physical activity

Figure 12: Adults who reported that they did not participate in regular physical activity (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)

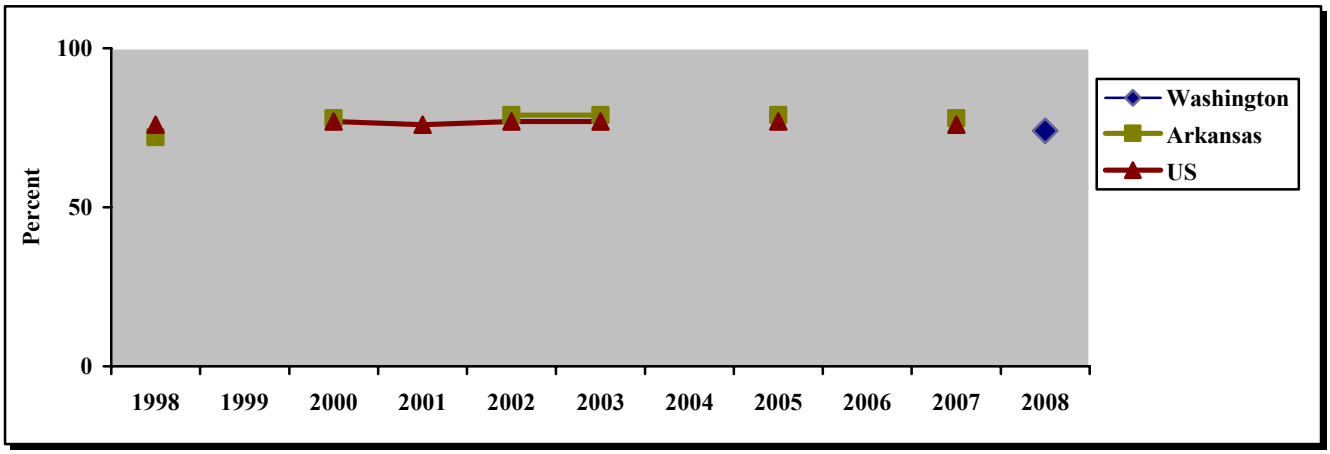


* No data for Arkansas – 1999
** No data for US (States and DC) – 1999

Trend Charts (continued)

Risk Factor Definition: Fewer than 5 fruits or vegetables per day

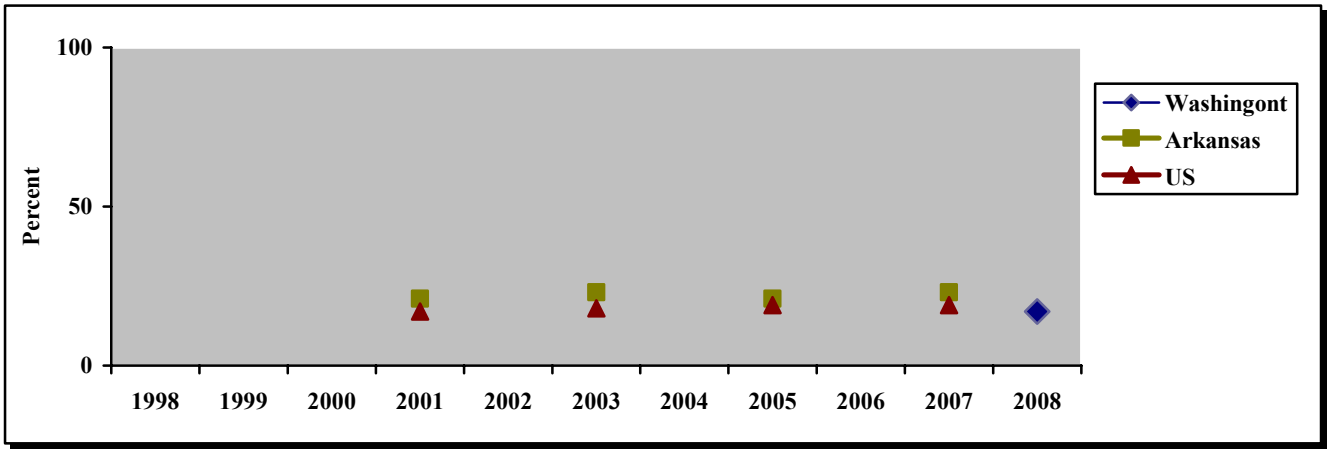
Figure 13: Adults who reported that they consume fewer than five fruits or vegetables per day (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 1999, 2001, 2004, 2006
** No data for US (States and DC) – 1999, 2004, 2006

Risk Factor Definition: Limitations due to physical, mental, or emotional problems

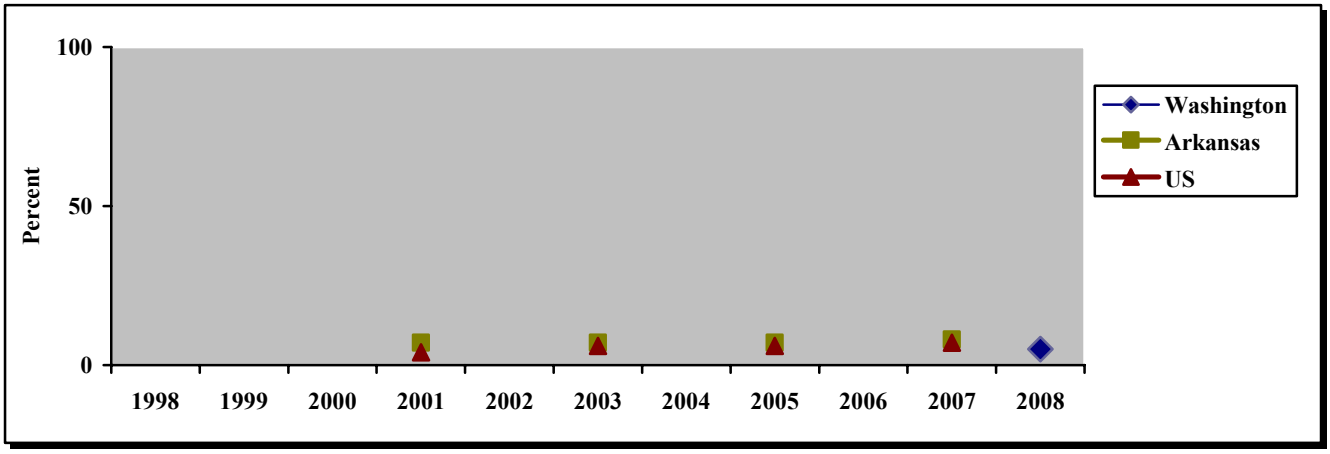
Figure 14: Adults who reported they had activity limitations due to physical, mental, or emotional problems (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 1998, 1999, 2000, 2002, 2004, 2006
** No data for US (States and DC) – 1998, 1999, 2000, 2002, 2004, 2006

Risk Factor Definition: Use of special equipment

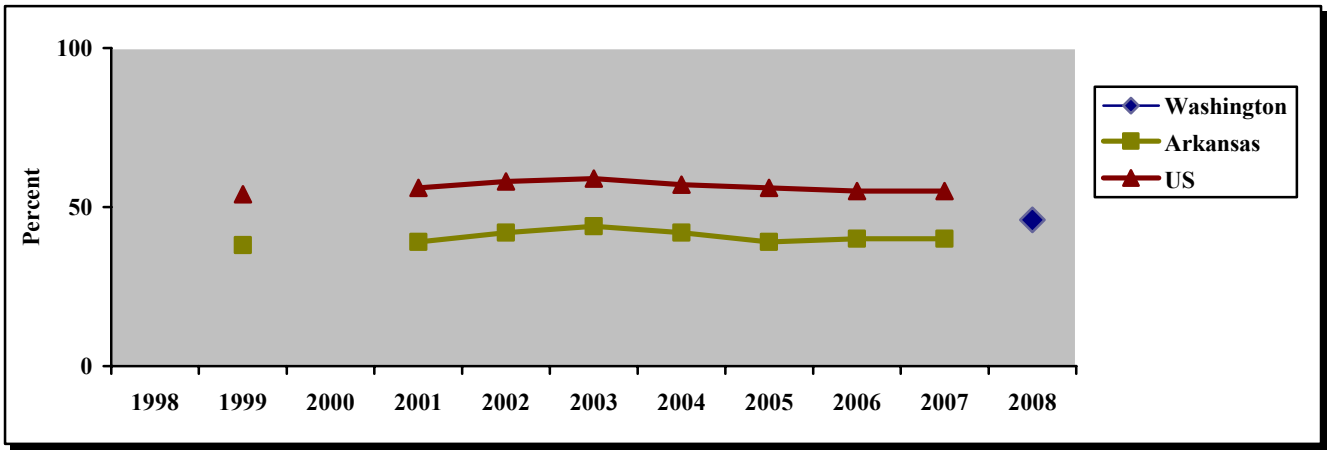
Figure 15: Adults who reported that they use special equipment (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 1998, 1999, 2000, 2002, 2004, 2006
** No data for US (States and DC) – 1998, 1999, 2000, 2002, 2004, 2006

Risk Factor Definition: Any alcoholic beverage

Figure 16: Adults who reported that they had had at least one drink of an alcoholic beverage in the past thirty days (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)

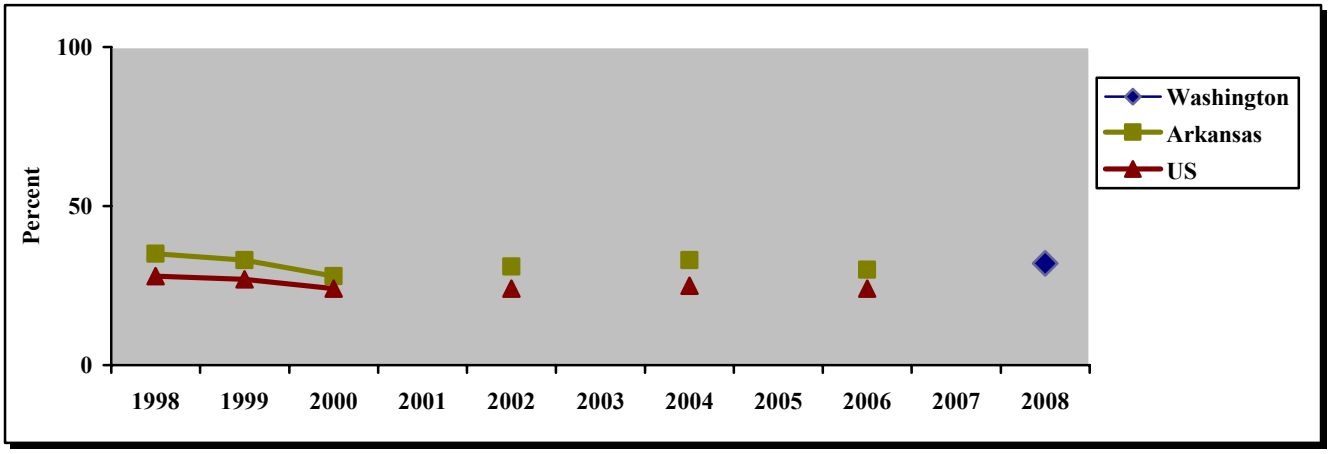


* No data for Arkansas – 1998, 2000
** No data for US (States and DC) – 1998, 2000

Trend Charts (continued)

Risk Factor Definition: Women aged 40 years and older who have not had a mammogram in the past two years

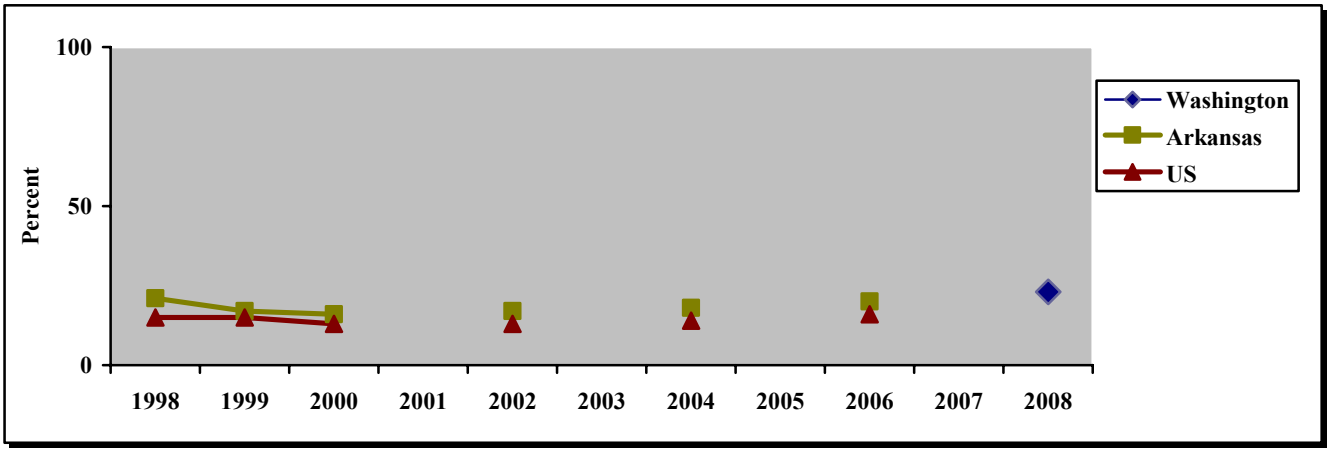
Figure 17: Adult women aged 40 years and older who reported that they had not had mammogram in the past two years (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 2001, 2003, 2005, 2007
** No data for US (States and DC) – 2001, 2003, 2005, 2007

Risk Factor Definition: No Pap smear in the past three years

Figure 18: Adult women who reported that they had not had a Pap smear in the past three years (Washington CAHS 2008, Arkansas and national 1998-2007 BRFSS)



* No data for Arkansas – 2001, 2003, 2005, 2007
** No data for US (States and DC) – 2001, 2003, 2005, 2007

Appendix

Washington County Adult Health Survey Questions

The following questions were administered as part of the Hometown Health County Adult Health Survey. The interviews were conducted by telephone. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

Core 1: Health Status

1. Would you say that in general your health is excellent, very good, good, fair, or poor?

2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Core 2: Healthcare Access

1. Do you have any kind of health care coverage, including health insurance, pre-paid plans such as HMO's, or government plans such as Medicare?

2. During the past 12 months, was there any time that you did not have any health insurance or coverage?

3. Do you have one person you think of as your personal doctor or health care provider?

Core 3: Exercise

1. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics (cal i STEN iks), golf, gardening, or walking for exercise?

Core 4: Hypertension Awareness

1. Have you ever been told by a doctor that you have high blood pressure?

2. Are you currently taking medicine for your high blood pressure?

Core 5: Cholesterol Awareness

1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

2. About how long has it been since you last had your blood cholesterol checked?

3. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Core 6: Asthma

1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

2. Do you still have asthma?

Core 7: Diabetes

1. Have you ever been told by a doctor that you have diabetes?

Core 8: Arthritis

1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?

2. Were these symptoms present on most days for at least one month?

3. Are you now limited in any way in any activities because of joint symptoms?

4. Have you ever seen a doctor, nurse or other health professional for these joint symptoms?

5. Have you ever been told by a doctor that you have arthritis?

6. Are you currently being treated by a doctor for arthritis?

Core 9: Immunization

1. During the past 12 months, have you had a flu shot?

2. Have you ever had a pneumonia shot? This shot is given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal (new mo COCK kle) vaccine.

Core 10: Tobacco Use

1. Have you smoked at least 100 cigarettes in your entire life?

2. Do you now smoke cigarettes every day, some days, or not at all?

3. During the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

Core 11: Alcohol Use

1. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

2. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Core 13: Demographics

1. What is your age?

2. Are you Hispanic or Latino?

3. Which one or more of the following would you say is your race?

4. Which one of these groups would you say best represents your race?

5. Marital status?

6. How many children less than 18 years of age live in your household?

7. What is the highest grade or year of school you completed?

8. Are you currently?

9. Is your annual household income from all sources?

10. About how much do you weigh without shoes?

11. About how tall are you without shoes?

12. What is your ZIP Code?

13. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.
14. How many of these are residential numbers?

15. How many adult members of your household currently use a cell phone for any purpose?

16. Not counting interruptions in service because of the weather, has your regular home telephone service been disconnected in the last 12 months?

17. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)

18. And I need to verify that you are (male/female).

19. The next question relates to military service. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

Arkansas CAHS Module 1: Women's Health

1. The next questions concern women's health. What types of things can women do to help in the early detection of breast cancer?

2. Is there anything else women can do to help in the early detection of breast cancer?

3. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

4. What is the most important reason why you haven't had a mammogram?

5. Are there any other reasons why you haven't had a mammogram?

6. How long has it been since you had your last mammogram?

7. What is the most important reason why you haven't had a mammogram in the past two years?

8. Are there any other reasons why you haven't had a mammogram in the past two years?

9. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

10. In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

11. Are you aware that "BreastCare" is a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

12. How often do you believe women your age should get a mammogram?

13. Did a doctor suggest that you have your most recent mammogram?

14. Have you ever had breast cancer?

15. Do you think your risk of getting breast cancer is high, medium, low, or none?

16. If you wanted to have a mammogram, would you have to pay for all, part, or none of the cost?

17. How difficult would it be for you to pay for the cost of the mammogram test? Would you say very difficult, somewhat difficult, a little difficult, or not at all difficult?

18. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?

19. How long has it been since your last breast exam?

20. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you have already had breast cancer?

21. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?

22. How long has it been since you had your last Pap smear?

23. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?

24. Have you had a hysterectomy?

Core 14: Disability & Quality of Life

1. Are you limited in any way in any activities because of physical, mental, or emotional problems?

2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

3. How often do you get the social and emotional support you need?

4. In general, how satisfied are you with your life?

Core 15: Physical Activity

1. When you are at work, which of the following best describes what you do? Would you say:

2. Now, thinking about the moderate physical activities you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

3. How many days per week do you do these moderate activities for at least 10 minutes at a time?

4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

5. Now thinking about the vigorous physical activities you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Core 16: Prostate Cancer Screening

1. A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

2. How long has it been since you had your last PSA test?

3. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?

4. How long has it been since your last digital rectal exam?

5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

Core 17: Colorectal Cancer Screening

1. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

2. How long has it been since you had your last blood stool test using a home kit?

3. Sigmoidoscopy (sig-moyd-OS-kopee) or colonoscopy (kolon-OS-kopee) are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had either of these exams?

4. How long has it been since you had your last sigmoidoscopy or colonoscopy?

Core 18: HIV/AIDS

1. Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

2. Not including blood donations, in what month and year was your last HIV test?

3. Where did you have your last HIV test, at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else?

4. I am going to read you a list. When I am done, please tell me if any of the situations apply to you. You do not need to tell me which one.

ARKANSAS CAHS Module 2: Oral Health

1. How long has it been since you last visited a dentist or a dental clinic for any reason?

2. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.

3. How long has it been since you had your teeth "cleaned" by a dentist or dental hygienist?

ARKANSAS CAHS Module 3: Cardiovascular Disease Prevalence

1. Has a doctor ever told you that you had a heart attack, also called a myocardial infraction?

2. Has a doctor ever told you that you had angina or coronary heart disease?

3. Has a doctor ever told you that you had a stroke?

ARKANSAS CAHS Module 4: Fruits and Vegetables

1. How often do you drink fruit juices such as orange, grapefruit, or tomato?

2. Not counting juice, how often do you eat fruit?

3. How often do you eat green salad?

4. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?

5. How often do you eat carrots?

6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

ARKANSAS CAHS Module 5: Tobacco Indicators

1. How old were you the first time you smoked a cigarette, even one or two puffs?

2. How old were you when you first started smoking cigarettes regularly?

3. About how long has it been since you last smoked cigarettes regularly?

4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?

5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?

6. Which statement best describes the rules about smoking inside your home?

7. Have you ever been told by a doctor or other health care professional that you have chronic bronchitis?

8. Have you ever been told by a doctor or other health care professional that you have emphysema?

9. Have you ever been told by a doctor or other health care professional that you have Chronic Obstructive Pulmonary Disease (COPD)?

10. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

11. Do you currently use chewing tobacco or snuff every day, some days, or not at all?

12. Have you ever smoked a cigar, even one or two puffs?

13. Do you now smoke cigars every day, some days, or not at all?

14. Have you ever smoked tobacco in a pipe, even one or two puffs?

15. Do you now smoke a pipe every day, some days, or not at all?

16. A bidi (BEE-dee) is a flavored cigarette from India. Have you ever smoked a bidi, even one or two puffs?

17. Do you now smoke bidis (BEE-dees) every day, some days, or not at all?